Alanus wood

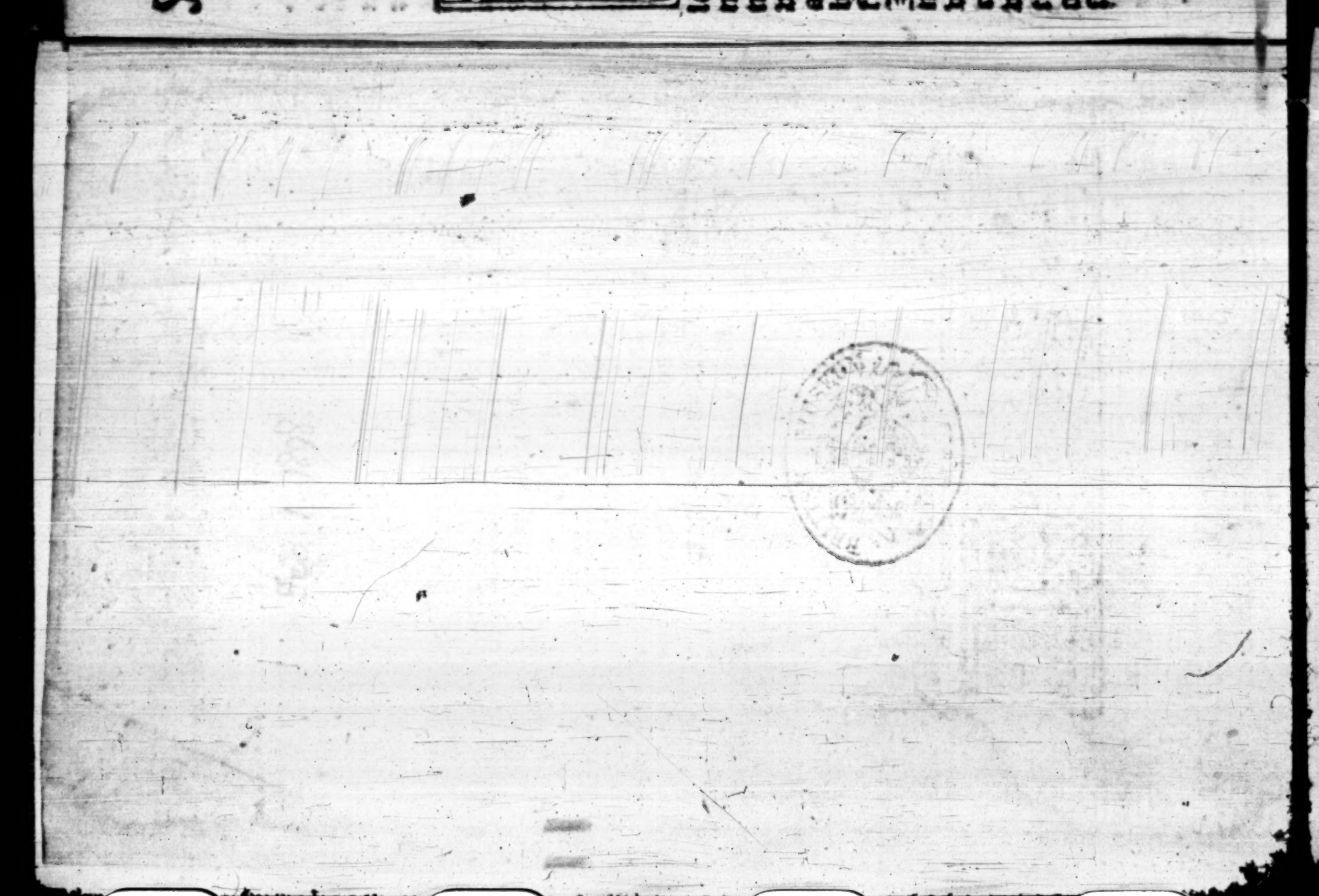
Will: D: Mood

8 pr

THE CASTEL OF HELTH GATHERED AND MADE BY SYR THOmas Elyot knyghte, out of the chiefe Authors of Physyke, wherby euery manne may knowe the state of his owne body, the preseruatiō of helth, and how to instructe welle his physytion in syckenes that he be not deceyued.

1534

J. wood



TO THE RIGHT HONORABLE THOMAS LORDE CRVMVVELL LORDE PRIVIE SEALE

Thomas Elyot knyghte wyscheth longe lyfe in honour.

HE GIVETH twise that gyueth quyckly (sayth Seneka.) The griefe, which I had for your lordshyps disease, with the desyre that ye mought lyue longe without syckenes, causeth suche spede in buyldynge the Castell of helthe, that therein lacketh som part of perfectiō, but yet the promptnes in gyuyng that thynge, whyche I thoughte necessary, to declare myn affection, I doubt not, was no lasse esteemed of your good lordshyp, thā afore is reherced. Not withstandynge, whan I had eftesones perused that lyttell fortresse, and founde here and there some thynge that lacked, I toke my penne in the stede of a truelle, and amended the faultes, and added somwhat more, where I thoughte it conuenyent: And yet perchance some thynges mought happen to escape, which were as nedeful to be corrected: myne attendance on the parlyament, I being a member of the lower house, withdrawyng from me leysure conuenyente, to fynde in this warke all the

Bis dat qui cito dat.

faultes, whiche moughte be amended. Maye it nowe lyke your good lordshyppe to take in good parte, not eftesones the castelle, whiche I all redye haue gyuen you, but my good wyll and dylygence in amendynge or repayrynge the same, whiche is also prynted in a moche better letter, consyderynge that I no lasse do beholde you cōtynually with myne eye of remembrance, than they, whiche at dyner and supper do dayly loke on you, the cause I wyll not repete for suspition of flattery. Frendeshyp (as men saye) shulde be requyted, but yet craue I none other thyng, but onely equall beneuolence, and fayth without any suspition: wherevnto actuall demonstration is so moche requisite, that without it they both, seeme to be drowned, sens amonge vs that be mortall, thynges are moste iudged by outwarde tokens. And yet also in them men be sometyme deceyued, Hypocrisy hauynge in this worlde soo greate a preemynence: but in amitie is one rule, which seldom faileth. He that lyueth moderatly, doth loue alway faithfully: for ouer hym affections and passions haue lefte authoritie: and he that standeth iuste in the myddell, standeth most surely. Also in the worlde there is no more foly, than to chese frendes of them, whiche do folow Fortune, lyke as swyne do folowe the mayden, whiche beareth on her heed a payle ful of mylke. And yf the payle falle, or happen to be emptye, they wyll folowe no lenger. The moderate person, where bothe authoritie and vertue be in his frende equall, bycause that vertue was the only cause of his loue, that remaynyng, his mynde is in suche wyse thervnto ioyned, that although

autho-

authoꝛytie happen to ſlyppe, yet that loue and vertue maye neuer be ſeuered. I haue ſpoken of frendeſhyppe perchaunce moꝛe than nedeth, but who wylle not wyſſhe, (yf it moughte happen) to haue ſuche a treaſour, as neyther the mountaynes of Ethiope, noꝛ the ryuers of Inde do conteyne in them, to be therto compared. Callimachus an auncient poete ſayth, Puiſſance is dꝛedefull: Rycheſſe is honourable: but loue foꝛ ſuretie is moſte incomparable. who perceyueth herein moꝛe than your good loꝛdſhyppe, whyche beſydes the aboundaunte knowledge of hyſtoꝛyes and naturall wytte, alſo concernynge this matter in your owne ſondꝛy experiences, I dare ſaye without flatterye, are equalle to any noble man lyuynge. Yet this my longe tale is not ſuperfluous, whyche is tolde not to teache you, but onely to renewe your loꝛdeſhyppes remembꝛaunce, whyche is not alway preſent, ſpecially where the bꝛayne is choked with woꝛldely matters of weyghtye impoꝛtaunce. In ſuche as I am, haupnge lyttell and lyttell to doo, remembꝛaunce ſtandeth moꝛe at lybertie, and therfoꝛe we may moꝛe often thynke on that, whyche we haue bothe herde and ſene, and in cheſyng frendes, be the moꝛe circumſpecte. Unt leſte I ſhall make the name of frendſhyppe tedyouſe, by often reherſalle, I nowe conclude, that I leane this lyttelle warke a monumente of the longe contynewed affection by me boꝛne towarde your loꝛdeſhyppe, and a perpetuall wytneſſe, that I haue deſerued ſoo moche of youre fauoure, as in mutuall frendſhyppe is of raylon requyred; whyche maye be as eaſyly payed, as it

is graunted, yf in place, where it oughte to be
shewed, ye do not forgette it. In the meane
tyme I shall pray to God to adde to
your good fortune and helth,
contynuance with his
grace and
fauor
wherein onely is
most per-
fite
suertye.

THE TABLE

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Thus endeth the Table.

A medesyne for the mother

Take a litle sevet of the best th
you ~~kan get~~ and anoynte your
navyll with all. and take a fyne
lynnen cloth and lay upon the y
navyll and you shalbe holle b
you must take a mitmuge a
soft hym by the fire tyll he be
dye and then take of a lit
[illegible] the myn
this sevet and you shalbe wea

9 Humores.
1 Humidum Radicale.
4 Humores primarij.
Pituita
Sanguis
Bilis
Melancholia.
4 Humores secundarij.
Innominatus
Ros
Rubin
Cambium

The Physicians heretofore were three sects { Methodicals. Empirical. Rationall.

BRITISH
MUSEUM

H H
H
H H
H
FACE AVT TACE

TO THE CONSERVA tion of the body of mankynde, within the limitation of helth, which (as Galene sayth) is the state of the body, wherin we be neyther greued with peyne, nor lette from doyng our necessary busyneſſe, doth belonge the dylygent consyderation of thre sortes of thinges, that is to say,

De tuenda sanitate lib. 1.

Thynges Naturall,
Thynges not naturall, and
Thynges agaynſt nature.

¶ Thynges Naturall be. vii. in number.

Elementes
Complexions.
Humours.
Membres.
Powers.
Operations and
Spirites.

¶ These be necessary to the beynge of helthe, accordyng to the order of theyr kynde: and be alwaye in the naturall body.

¶ Thynges not naturall be syxe in number.

Ayre
Meate and drynke.
Slepe and watche.
Mouyng and rest.
Emptynesse and repletion and
Affections of the mynde.

¶ Thynges agaynſt Nature be thre.

Sycknesse.
Cause of sycknesse.
Accident, whiche foloweth sycknes.

¶ Annexed to thynges naturall.

Age.
Colour.
Fygure, and
Diuersitie of kyndes.

¶ The elementes be those originall thynges vn myxt and vncompounde, of whose temperance and myxture all other thynges, haupnge corpo rall substance, be compacte: Of them be foure, that is to saye,

Erthe.	Ayre and
Water.	Fyre.

¶ Erthe is the mooste grosse and ponderouse element, and of her proper nature is colde and drye.

¶ Water, is more subtyll and lyghte thanne erth, but in respect of Ayre and Fyre, it is grosse and heuy, and of hir proper nature is colde and moyste.

¶ Ayre, is more lyght and subtylle thanne the other two, and beynge not altered with any exteriour cause, is properly hote and moyste.

¶ Fyre, is absolutely lyghte and clere, and is the clarifier of other elementes, yf they be vyciate or out of theyr naturall temperaunce, and is properly hotte and drye.

¶ This to be remembred, that none of the sayd elementes be commonly sene or felte of mortall men, as they are in theyr originall beynge: but they, whiche by our sences be perceyued, be corrupted with mutuall mixture, and be rather erthy, watry, ayry, and fyry, than absolutely erth, water, ayre, and fyre.

Of the

Of the complexion of Man. Cap. 2.

Complexion is a combynation of two dyuers qualities of the foure elementes in one body, as hotte & drye of the Fyre: hote and moyste of the Ayre, colde and moyste of the Water, colde and drye of the Erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, which abounde in hym, more thanne in the other, as hereafter insweth,

¶ The body, where heate and moysture haue souerayntie, is called Sanguine, wherin the aire hath preeminence, and it is perceyued and knowen by these sygnes, whiche do folowe,

Sanguine
- Carnolite or fleshynesse.
- The vaynes and arteries large.
- Heare plentie and redde
- The visage whyte and ruddy.
- Sleape moche.
- Dreames of blouddy thynges or thynges pleasaunt.
- Pulse great and full.
- Digestyon perfecte.
- Angry shortly.
- Siege, vryne, & sweate abundant.
- Fallynge shortly into bleedynge.
- The vrine redde and grosse.

Temperies proportionis { Arithmetica ad Pondus / Geometrica ad Justitiam } { Simplex { Calida / Frigida / Humida / Sicca } / Composita { Calida Humida / ... } }

¶ Where colde with moysture preuayleth, that body is called Fleumatike, wherin water hath preeminence, and is perceyued by these sygnes.

Fleumatike.
- Fatnes, quauyng and softe.
- Vaynes narow.
- Heare moche and playne.
- Colour whyte.
- Sleape superfluous.
- Dremes of thynges watry or of fysshe.
- Slownes.
- Dulnes in lernynge.
- Cowardyse.
- Pulse slowe and lyttell.
- Dygestyon weake.
- Spyttell whyte, abundeunt, and thycke.
- Urine grosse, white and pale.

¶ Colerike is hote and drie, in whom the fyre hath preeminence, and is discerned by these sygnes folowynge.

Cholerike
- Leanes of body.
- Costyfenesse.
- Heare blacke or dark aburn curlyd.
- Vysage and skyn redde as fyre, or salowe.
- Hotte thynges noysfull to hym.
- Lyttell sleape.
- Dremes of fyre, fightyng or angre.
- Wytte sharpe and quycke.
- Hardy and fyghtynge.
- Pulse swyfte and stronge.
- Urine hygh coloured & clere.
- Voyce sharpe.

Melan-

¶ Melancolyke is colde and dryc, ouer whome the erthe hathe dominion, and is perceyued by thele lygnes.

Melancolyke.
- Leanneſſe with hardnes of ſkynne.
- Heare playne and thynne.
- Colour duſkyſhe, or whyte with leanneſſe.
- Watche watche
- Dreames fearefull.
- Stylle in opinyons.
- Digeſtion ſlowe and yll.
- Tymerous and fearefull.
- Anger longe and frettynge.
- Pulſe lyttell.
- Seldome laughynge.
- Urine watry and thynne.

BEſides the ſayde complexions of all the hole bodye, there be in the particular membres, complexions, wherin yf there be any diſtemperaunce, it bryngeth ſyckeneſſe or griefe into the member. Wherfore to knowe the diſtemperature, theſe ſignes folowynge wold be conſydered. Foreſene, that it be remembred, that ſome diſtemperatures be ſymple and ſomme be compounde. They whiche be ſymple, be in ſimple qualities, as in heate, colde, moyſte, or dryc. They whiche be compounde, are in compound or myxt qualyties: as heate and moyſture, heate and drythe: colde and moyſte, colde and dryc. But nowe lyſte we wyll ſpeake of the ſymple complexions, of euery pryncipal member, begynnynge at the brayne.

The brayne exceding in heate hath,
- The hedde and vylage very redde and hotte.
- The heare growynge faste blacke and courlyd.
- The vaynes in the eyen apparant.
- Superfluous matter in the nolethyrls, eien, & eares.
- The heed annoyed with hotte meates, drynkes, and sauours.
- Slepe shorte & not sounde.

The brayne exceding in colde hath,
- Moche superfluite runnynge oute of the nose, mouthe, eares and eyen.
- Heare straycht & fine growing slowly, & flaxen.
- The headde dispolyd by small occasyon to poses and murres.
- It is soone annoyed with colde.
- It is colde in touchynge.
- Vaynes of the eyen not seene.
- Sleapy somwhat.

Moyst in excesse hath,
- Heares playne.
- Seldome or neuer balde.
- Wytte dulle.
- Moche superfluities.
- Slepe moche and depe.

No

The brayn drie hath
- No superfluites runnyng.
- Wyttes good and redy.
- Watchefull.
- Heares blacke hard and fast growynge.
- Balde shortly.

Complexions compounded.

Brayne hote & moyst dystempered hath,
- The heed akyng & heuy.
- Full of superfluities in the nose.
- The southen wynde greuouse.
- The Northerne wynde holsome.
- Slepe depe but vnquiete with oftē wakinges & straunge dreames.
- The senses and wytte vnperfecte.

Brayne hote and dry dystempered hath,
- None abundaunce of superfluities, whiche may be expelled.
- Senses perfecte.
- Woche watche.
- Soner balde than other.
- Woch heare in childhod and blacke or browne, and courlyd.
- The heed hot and ruddy

Brayne cold & moyst dystempered hath,
- The senses and wyt dul
- Moche sleape.
- The hede soone replenished with superfluous moysture.
- Distyllations and poses or murres.
- Not shortly balde.
- Sone hurt with colde.

Brayn cold and dry dysstempered hath,
- The heed colde in feling and without colour.
- The vaines not apering.
- Soone hurt with colde.
- Often diseased.
- wytte perfecte in chyldehode, but in age dull.
- Aged shortly and balde.

Of the harte.

The hart hote distempered hath
- Moch blowyng & puffing.
- Pulse swyfte and busy.
- Hardines & māhodt moch.
- Promptnes actiuitie and quyckenesse in doynge of thynges.
- Fury and boldnes.
- The breaste heary toward the lefte syde.
- The breste brode with the heed lyttell.
- The body hote, except the lyuer do let it.

The hart colde distempered hath,
- The pulse very lyttell.
- The breth lytell and slow.
- The brest narow.
- The body all colde, excepte the lyuer doth inflame it.
- Fearfulnes,
- Scrupulosite, & moch care Curiositie.
- Slowneſſe in actes.
- The breaſte cleane without heares.

The hart moyst distempered hath.
- The pulse softe.
- Sone ãgry & sone pacified
- The body al moyst, except the liuer disposith cõtrary.

The hart drye distempered hath
- The pulse harde.
- Not lyghtly angry, but beynge angry, not soone pacyfied.
- The body dry, except the liuer doth dispose contrary.

The harte hotte and moyst
- The brest & stomake heary
- Promptnes in actes.
- Soone angry.
- Fiersnes but not so moche as in hote and drye.
- Pulse softe, swift, & buſy.
- Breth or wind according.
- Shortely falleth into diseases caused of putryfaction.

The harte poulse greatte and swyfte.
The breath or wynde accordynge.
The breast and stomache all heary.
Quicke in his doynges.
Boldnes and hardynesse.
Swift & hasty in mouing
Soone styred to anger & tyrannous in maners.
The breast brode and all the body hotte & dry.

The harte hotte and dry.

The pulse softe.
Fearefull and tymerous,
Slowe.
The breast clene without heare.
Not hastily angre nor retaynynge angre.
The brest narowe.
All the body cold & moyst

The harte colde and moyste

The pulse hard & lyttell.
The wynde moderate.
Seldom angry, but whā it hapneth, it dureth long
The breast cleane without heare and lyttell.
All the body cold & dry.

The harte colde and dry hath,

Of

Of the liuer.

The lyuer in heate distempered hath.
- The vaynes great.
- The blood more hote than temperate.
- The bealy heary.
- All the body hote exceding temperaunce.

The lyuer cold distempered hath
- The vaynes small.
- Abundance of fleume.
- The blood colde.
- All the body colde in fe= lynge.
- The bealy without heare.

The lyuer moyste distempered hath
- The vaynes softe.
- Moch bloud and thynne.
- All the bodye moyste in fe= lynge, except the harte di= spoleth it contrary.

The lyuer drye distempered hath
- The vaynes harde.
- The bloudde lyttell and thycke.
- All the body drye.

¶ The complexions compounde, maye be decer ned by the sayd symple qualities. And here is to be noted, that the heate of the harte maye vanquysche the colde in the lyuer. For heate is in the harte, as in the fountayne or spryngе, and in the lyuer, as in the ryuer. Galenus in arte parua. lib. 2.

Of

Of the stomake.

The stomake hotte distempered.

He digesteth well, specyally harde meates, & that wyl not be shortly altred.
Lyght mentes and soone altered, be therein corrupted.
The appetite lyttell and slowe.
He delyteth in Meates and drinkes, whyche be hotte for euery naturall complexiō delyteth in his semblable.

The stomake colde dystempered.

He hath good appetite.
He digesteth ylle and slowely, specyally grosse meates and harde.
Colde meates doo waxe sourc, beinge in hym vndygested.
He delytethe in meates and drynkes, whiche be Colde, and yet of theym he is indamaged.

The stomake moyst dystempered

He thyrsteth but seldom, yet he delyzeth to drynke.
with superfluous drinks he is hurte.
He delyteth in moyste meates.

He

The stomake drye dystempered
- He is soone thyrsty.
- Contente with a lyttelle drynke.
- Diseased with moche drynke.
- He deliteth in dry meates

¶ It is to be noted, that the dyspositions of the stomake naturall, do desyre that whiche is of lyke qualities. The dispositions vnnaturall, do desyre thynges of contrary qualities. Galenus in arte parua.

¶ Also not the stomake onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the harte.

Of the genitories or stones of generation.

The genytories hote distempred
- Great appetite to the acte of generation.
- Ingendrynge men chyldren.
- Heare soone growen aboute the membres.

The genytories colde distempred
- Small appetite to the acte of generation.
- Ingendryng women chyldre.
- Slowe growthe of heare about the membres.

The genitories moist distempred
- Sede abundant but thynne and watrye.

The genitoryes drye distempred
- Sede lyttel but metely thick in substance.

Lasse

Genytories hot and moyste
- Lasse appetite to lecherie than in them, whiche be hote and dryé.
- Moze puissaunce to do it, and without lasse damage.
- Hurt by abstaynyng frō it.
- Lesse herines thā in hot & dry.

The genytories hote and dryé
- The sede thycke.
- Moche fruitefulnesse of Generation.
- Great appetite and redynesse to the acte.
- Heare about the membres soone growen.
- Swyftenesse in spedynge of the acte.
- Soone therwith satisfyed.
- Damage by vsyng therof.

The genytories colde and moyst
- The sede watry and thynne.
- Lyttell delyre to the acte, but moze puissance than in them whiche be colde and dryé.
- Lyttell heares oz none about the membres.

The genytories colde and dryé
- Heares none oz fewe.
- Litle apetit oz none to lechery
- Lyttell puissance to do it.
- Ingendrynge moze females than men chyldern.
- That litle sede that is, is thikker than in colde and moyst.

Of hu-

Of humours.

IN the body of Man be foure pryncipal humours, which continuynge in the proporcion, that nature hath lymitted, the body is free frome all syckenesse. Contrary wise by the increase or diminution of any of theym in quantitie or qualitie, ouer or vnder theyr naturall assignement, inequall temperature commeth into the bodye, whiche sickenesse foloweth more or lasse, accordyng to the lapse or decaye of the temperatures of the sayd humours, whiche be these folowynge.

(Bloudde, (Choler,
(Fleume, (Melancholy

¶ Bloudde hath preeminence ouer all other humours in susteynynge of all lyuynge creatures, for it hath more conformitie with the originalle cause of lyuynge, by reason of temperatenes in heate and moysture, also nourysheth more the body, and restoreth that which is decayed, being the very treasure of lyfe, by losse wherof, dethe immedyately foloweth. The distemperature of bloud happeth by one of the other thre humors, by the inordinate or superfluous mixture of them.

Of fleume.

¶ Fleume is of two sortes,

(Naturall and
(Unnaturall.

¶ Naturall fleume is a humour colde & moyst, whyte and swete, or without taste ingendred by insufficient decoction in the seconde digestion of the watry or rawe partes of the matter decocte

callyd

called Chilus, by the last digestyon made apt to be conuerted into bloud. In this humour, water hath dominion most pzincypall.

¶ Fleume vnnaturall is that, whiche is myxte with other humours, oz is altered in his qualitie. And therof is. viii. sondzy kyndes

Fleume.

watry, which is founden in spettil of great dzinkers, oz of them, whiche dygeste ylle.
Slymy oz rawe.
Glasy, lyke to whyte glasse, thicke, viscouse lyke byzd lyme and heupe.
Plastry, which is very grosse, and as it were chalky, such is found in the ioyntes of theym, whiche haue the gowte.

Fonticum.

Salt, which is mingled with coler.
Sower, myxt with melancoly, whiche cometh of corzupt dygestion.
Harshe, thycke and grosse, whiche is seldome founden, whiche tasteth lyke grene crabbes oz sloes.
Stiptik oz binding, is not so grosse noz cold, as harshe, & hath the taste lyke to greene redde wyne, oz other lyke, straynynge the tunge.

¶ Choler doth participate with naturall heate as longe as it is in good temperance. And therof is also two kyndes,

Naturall and
Vnnaturall.

Natu

Choler naturall.

¶ Naturall cholet is the kome of bloudde, the colour wherof is redde and clere, or more lyke to an orenge colour, and is hote and dryc, wherin the fyre hath dominion, & is light and sharpe, and is ingendred of the most subtyll part of matter decocte, or boyled in the stomacke, whose begynnyge is in the lyuer.

¶ Unnaturall choler is that which is myxte or corrupted with other humours, wherof be foure kyndes,

Citrine or yelowe choler, whiche is of the myxture of natural choler, and watry fleume, and therfore hath lesse heat then pure choler.

Yelky, lyke to yelkes of egges, whiche is of the myxture of fleume congeled, and choler naturall, & is yet lasse hotte than the other.

Grene lyke to lekes, whose begynnyng is rather of the stomak, thā of the lyuer

Grene lyke to grene canker of mettall, and bourneth lyke venym, and is of excedynge adustion of choler or fleume, & by these two kyndes nature is mortifyed.

¶ Melancoly or blacke coler is deuided into two kyndes.

Naturall, which is the dregges of pure bloude, and is knowen by the blakne, whan it issueth eyther downewarde or vpwarde, and is veryly cold and dryc.

Unnaturalle, whiche procedeth of the

adustion of cholerike myxture, and is hoter & lyghter, hauynge in it vyolence to kyll, with a dangerous dispolytion.

Of the membres.

¶ There be diuersities of membres, that is to saye.

Principall membres.
- The brayne.
- Th harte.
- The lyuer.
- The stones of generatiō

Officiall membres.
- Synewes whiche doo serue to the brayne.
- Arteries or pulses, which do serue to the harte.
- Vaynes which do serue to the lyuer.
- Vessels spermatik, wher in mans sede lyeth, which do serue to the stones

Partes called Similares, for being diuided they remayne in their self like as they were.
- Bones.
- Gristell.
- Calles betwirte the vtermooste skynne and the flesshe.
- Muskles or fyllettes.
- Fatte
- Flesshe.

Membres instrumentall.
- The stomacke.
- The raynes.
- The bowelles.
- All the great synewes.

These of their vertue do apetite meat & alter it.

Of

Of powers
Animall.
Spirituall,
Naturall.

Naturall power (whiche do minister.
To whome is ministred.

Which dothe mynyster. (Appetiteth,
Retayneth,
Digesteth.
Expelleth.

To whome is mynystred, Ingendreth,
Nourysheth,
Fedeth,

Power spiritual (Warkyng, whiche delateth the harte and arteryes, and eftesones strayneth them.
Wrought, which is styrred by an exterior cause to wark wherof commeth anger, indygnation, subtilitie, and care.

Power animall. (That whiche ordeyneth, discerneth, and composeth.
That moueth by voluntarye motion.
That whiche is called sensyble, wherof do procede the fyue wyttes.

Of that which ordeineth do precede
- Imagination in the forhed.
- Reason in the brayne.
- Remembrance in the nodel.

Operations.
- Apetite by heate and dryethe.
- Digestiõ by hete & moisture.
- Retayning by cold & dryethe.
- Expulsiõ by colde & moyste.

¶ Spirite is an ayry substance subtyll, styrynge the powers of the body to perfourme their operations, whiche is dyuyded into

Naturalle, whiche taketh his begynnynge of the lyuer, and by the vaynes whiche haue no pulse, spredeth into all the hole body.

Vitall, which procedeth from the hart, and by the arteries or pulses is sent into all the body.

Animalle, whiche is ingendred in the brayne, and is sente by the senewes throughout the body, & maketh sence or feelynge.

Annexed to thynges naturall.

Ages be.iiii.

Adolescencye to.xxv.yeres, hotte and moyste, in the whiche tyme the body groweth.

Iuuentute vnto.xl.yeres, hot and dry e, wherin the bodye is in perfyte growth.

Senectute, vnto.lx.yeres colde & drye, wherin the body begynneth to decrease.

Age

Age decrepite, vntyll the laste tyme of lyfe, accidently moyste, but naturally colde and dryc, wherin the powers and strength of the body be more and more mynished.

☞ Colour.

Of inwarde causes.
Of outwarde causes.

Colour of inward causes

Of equalitie of humoures, as he that is redde and whyte.
Of inequalitie of humoures, wherof doo procede, blacke, salowe, paale, or whyte onely.
Redde, Blacke, Salowe, } do betoben dominiõ of heate.
Whyte, colde of flemme.
Pale, colde of melancholy.
Redde abundaunce of bloude.
Salow, choler citrine.
Blacke, melancholye or choler aduste.

Colour of outwarde causes.

Of cold or heate, as englysshe menne be whyte, Moriens be blacke.
Of thynges accidentalle, as of feare, of anger, of sorowe, or other lyke mocions.

Colour of heare
- Blacke, eyther of aboundaunce of choler inflamed, or of moche intendynge or aduſtyon of bloudde.
- Redde heare of moche heate not aduſte.
- Gray heares of abundaunce of melancholy.
- Whyte heares of the lacke of naturall heare, & by occaſyon of fleume putrefyed.

¶ All the reſydue concernyng thinges naturall contayned in the Introduction of Joannicius, and in the lyttell crafte of Galene, I purpoſely paſſe ouer for this tyme, forasmoche as it doth requyre a reder hauyng ſome knowledge in philoſophye naturall, or els it to harde and tedious to be vnderſtande. Moreouer this, whiche I haue written in this fyrſte tables, ſhall be ſufficient, to the conſeruation of helthe, I meane, with that whiche nowe folowyth in the other Tables.

The ſeconde Table.

Thynges not naturall be ſo called, bycauſe they be no porcyon of a naturall body, as they be, whiche be callyd naturall thynges, but yet by the temperance of theym the body beynge in helthe, ſo conſyſteth by the diſtemperance of them, ſyckeneſſe is induced, & the body diſſolued.

¶ The fyrſte of thynges not naturall is ayre, whiche is properly of it ſelfe, or of ſome mate-

riall cause or occasion good or yll.

¶ That which is of it selfe good, hath pure vapours, and is odoriferous.

¶ Also it is of it selfe, swyft in alteration from hotte to colde, wherin the body is not moch prouoked to sweate for heate, ne to chylle for vehemency of colde.

¶ Ayre among al thynges not natural is chiefly to be obserued, forasmoch as it doth both inclose vs, & also enter into our bodyes, specially the most noble mèmber, which is the hart, & we can not be separate one howre frome it, for the necessitie of breathyng and fetchyng of wynde,

¶ The causes wherby the ayre is corrupted be specyally foure.

Influèces of sondry sterres.
Great standynge waters neuer refreshed.
Carayne lyenge longe aboue grounde.
Moche people in small tome lyuynge vncleanly and slutsyshely.

wyndes bryngyng holsom ayre.
- Northe, whiche prolongeth lyfe by expoulsynge yll vapours.
- East is temperate and lusty.

wyndes bryngyng yll ayre.
- South corrupteth, and maketh yll vapours.
- West, is very mutable, whiche nature doth hate.

Meate and drynke.

¶ In meate and drynke we must consyder syxe thynges,

Substaunce.
Quantitie.
Qualitie.
Custome.
Tyme.
Order.

¶ Substaunce, some is good, whiche maketh good iuyce, and good bloud, some is ylle, and ingendreth ylle iuyce and ylle bloudde.

Meates and drynkes makyng good iuyce.

¶ Bread of pure floure, of good whete somewhat leuened, welle baked, not to olde nor to stale.
Egges of fesauntes, hennes, or patryches newe layd, poched, meane betwene rere and harde.
Mylke newe mylked, dronke fastynge, wherin is sugar, or the leues of mintes.
Fesauntes.
Patriches or chykens.
Capons or hennes.
Byrdes of the feldes.
Fyshe of stony ryuers.
Veale suckynge.
Porke yonge.
Biefe not passynge. iii. yeres.
Pygeons.
Venyson of redde dere.
Pease potage with myntes.

Fete

Fete of swyne or calues.
Fygges rype,
Raysons, } before meales.
Borage.
Languedebiefe.
Persely.
Wyntes.
Rice with almonde mylke.
Letyse.
Cykorye.
Grapes rype.
wynes good moderatly take, wel tined.
Ale and biere syxe dayes olde, cleane brewed, and not stronge.
Wythe and gladnesse.
The lyuer and braynes of hennes and chykens, and yonge geese.

Meates and drynkes makynge ylle iuyce.

Olde biefe.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.
Inwarde of beastes.
Blacke puddynges.
The hart lyuer & kydneys of all beastes.
The braynes & mary of the hackbone.
Wodde culuers.
Shell fyshe, excepte crevyse beaudoules
Chese harde.
Apples and peares moche bled.
Fygges and grapes not rype.
All rawe herbes, excepte letyse, borage,

and cykozie.

Onyons, Garlyke, Leckes. } immoderateiye vled, ſpecyally in Cholericke ſtomackes.

Wyne in muſte or lowie.

Feare, ſozowe, and penſykenelle.

Meates ingendrynge cholet.

Garlyke.
Onyons.
Rokat,
Kerſis,
Lekes,
Muſtarde,
Pepper,
Honye,
Wyne moche dzonken.
Swete meates.

Meates ingendrynge fleume.

All ſlymy and cleauynge meates.
Cheſe newe.
All fyſh, ſpecially in a flematike ſtomak
Inwardes of beaſtes.
Lambes fleſhe.
The ſynewe partes of fleſhe.
Kidnyes.
Braynes.
Lunges.
Rapes.
Cucumbers.
Replecion,
Lacke of exercyſe.

Meates

Meates ingendrynge melancholy.

Bieke,
Gotes flesche,
Hares flesche,
Boxes flesche,
Salte flesche,
Salte fysshe,
Colewortes,
All pulse excepte white peason.
Browne breadde course.
Thyche wyne,
Blacke wyne,
Olde chese,
Olde flesche.
Greate fysshes of the see.

Meates makynge thicke iuyce.

Rye breadde,
Muste.
Breade without leuen.
Lake breadde.
See fysshe greate,
Shelle fysshe.
Bieke.
The kydneys,
The luuer of a swyne,
The stones of beastes.
Mylke moche sodden.
Rapes.
All rounde rootes,
Cukumbers.
Swete wyne.
Deepe redde wyne.
Garlyke,

Mustard

Mustarde.
Origanum.
Hysope.
Basylle.
Fenell.
Chese.
Egges fryed or harde.
Chesten nuttes.
Nauewes.
Fygges grene.
Ippulles not rype.
Pepper.
Rokat, } moche vsed.
Leekes, }
Oynyons }

Meates whiche do hurte the teeth.

¶ Very hotte meates.
Nuttes.
Swete meates and drynckes.
Rodysshe rootes.
Harde meates.
Mylke.
Bytter meates.
Moche vomyte.
Leekes.
Fyshe fatte.
Lymons.
Colewortes.

Meates whiche do hurte the eyes.

¶ Dunkennesse.

Leches

Lechery.
Muste.
All poulse.
Swete wynes and thycke wynes.
Hempe sede.
Very salte meates.
Garlyke.
Onyons.
Colewoztes.
Radysshe.
Readynge after supper immediately.

Makynge great oppilations.

Thycke mylke.
All swete thynges.
Rye breadde.
Sweets wynes.

Meates inflatynge or wyndy.

Beanes.
Lupynes.
Cicer.
Mylle.
Cucumbers.
All kynde of herbes.
Fygges drye.
Rapes.
Nauewe rawe.
Mylke.
Honye not well clarified.
Swete wyne.
Muste.

Thyn

Thynges good for the heed

¶ Cububes.
Galyngale.
Lignum aloes.
Maioram.
Baulme myntes.
Gladen.
Nutmygges.
Muske.
Rosemarye.
Roses.
Pionye.
Hissope.
Spyke.
Camomyll.
Wellplote.
Rewe.
Frankyncense.

Thynges good for the harte

¶ Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Perles.
Macis.
Baulme myntes.
Myrabolanes.
Muske.
Nutmigges.
Rosemarye.
The bone of the harte of a redde dere.
Maioram.
Buglosse.
Borage.
Setuall.

Thynges good for the liuer

¶ Wormewode.
withwynde.
Agrymonye.
Saffron.
Cloues.
Endyue.
Lyuerworte.
Cychorie.
Plantayne.
Dragons.
Raysons greate.
Saunders.
Fenelle.
Violettes.
Rose water.
Letyse.

Thynges good for the lunges

¶ Elycampane.
Hysope.
Scabiose.
Lykorice.
Raysons.
Maydenheare.

Pe=

Penidies.
Almondes.
Dates.
Pistacis.

Thynges good for the eies

Eyebryght.
Fenyll.
Veruyn.
Roses.
Celandyne.
Agrymonye.
Cloues.
Colde water.

Thynges good for the stomake

¶ Myrabolanes
Nutmygges.
Organum.
Pystaces.
Quynces.
Olybanum.
wormewode.
Saffron.
Corall.
Agrymonye.
Funitorye.
Galyngale.
Cloues.
Lignum aloes.
Mastix.
Mynt.
Spodium.
The innermooste skyn of a hennes gysar.
Coriander prepared.

THE SECOND BOKE, Of quantitie. Cap .I.

THE QVANTITIE of meate must be proporcioned after the substaunce and qualitie thereof, and accordyng to the complexion of hym that eateth Fyrst it ought to be remēbred, that meates hotte and moyste, whiche are qualities of the bloudde, are soone tourned into bloudde, and therfore moche nourysheth the body. Some meates do nourish but lyttell

lyttell, haupnge lyttell conformitie with blouds in theyr qualities. Of them, whiche do nourysche, some are more grosse, some lyghter in digestion. The grosse meate ingendreth grosse bloude, but where it is wel concoct in the stomake, and well digested, it maketh the flesshe more firme, and the officiall membres more stronge, thanne fyne metes. wherfore of men, which vse moch labour or exercise, also of them, which haue very cholerike stomakes, here in England, grosse meates may be eaten in a great quantitie: and in a cholerike stomake bieke is better digested than a chykens legge, forasmoche as in a hotte stomacke fyne meates be shortely aduste and corrupted.

What meat is conuenible in a colde or fleumatike stomake

Contrarywyse in a colde or fleumatike stomake grosse meate abydeth longe vndigested, and maketh putrifyed matter, lyght meates therfore be to suche a stomacke more apte and conuenient. The temperate bodye is best nourysshed with a lyttell quantitie of grosse meates: but of temperate meates in substance and qualitie, they may safely eate a good quantitie. Forsene alwaye, that they eate without gourmandyse, or leaue with some appetite. And here it wold be remembred, that the cholerike stomake, doth not desyre so moch as he may digeste, the melancholye stomake may not digeste so moche as he desyreth: for colde maketh appetyte, but naturall heate concocteth or boyleth. Not withstandynge vnnaturall or supernaturall heate distroyeth appetyte, and corrupteth digestion, as it appereth in feuers. Moreouer fruytes and herbes, specially rawe, wolde be eaten in a smalle quantitie, all though the persone be very cholerike, forasmoch

as

as they do ingender thynne watry bloudde, apt to receyue putrifaction, whiche althoughe it be not shortely perceyued of hym that vseth it, at length they fele it by sondry diseases, which are longe in comynge, and shortly sleeth, or be hardly escaped. Fynallye excesse of meates, is to be abhorred. For as it is sayde in the booke called Ecclesiasticus, In moch meate shall be sycknes, and inordinate appetite shall approche vnto choler. Semblably the quantitie of dryna wold be moderated, that it excede not, nor be equalle vnto the quantitie of meate, specially wine, whiche moderately taken, aydeth nature, and comforteth her, and as the sayde author of Ecclesiasticus sayth, wyne is a reioycynge to the soule and body. And Theognes saythe in Galenes warke, A large draught of wyne is ylle. A moderate draught is not onely not ylle, but also cõmodious or profitable.

Ecclesiasti co. 37.

Eccl. 31.

Galen. de tuenda sa.

Of qualitie of meates. Cap. 2.

QValitie is in the complexion, that is to saye, it is the state thereof, as hotte or cold, moyste or drye. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be consydered, that euery cõplexion temperate & vntemperate, is cõserued in his state, by that which is lyke therto in fourme and degree. But that whiche excedeth moche in dystemperaunce, must be reduced to his temperaunce, by that whiche is contrarye to hym in fourme or qualitie, but lyke in degre moderatly vsed. By fourme is vnderstande grossenes, fyne-

2 degree

neſſe, thyckeneſſe, or thynneſſe, by degree, as the fyrſte, the ſeconde, the thyrde, the fourth, in heate colde, moyſture, or dryethe.

Of Cuſtome. Cap. 3.

Cuſtome in feedynge is not to be contemned, or lyttell regarded: for thoſe meates, to the whiche a manne hath ben of longe tyme accuſtomed, though they be not of ſubſtãce commendable, yet do they ſomtyme laſſe harme than better metes, wherunto a man is not vſed. Hippocrates aphoriſmo. 2. Alſo the meates and drynkes, whiche do moche delyte hym that eateth, ar to be preferred before that, whiche is better, but more vnſauery. Galenus. But if the cuſtome be ſoo pernicioule, that it nedes muſt be lefte, than wolde it be withdrawen by lyttell and lyttell in tyme of helthe, and not of ſyckeneſſe. For yf it ſhoulde be withdrawen in tyme of ſyckeneſſe, Nature ſhulde ſuſteyne treble detrument, fyrſt by the greſe induced by ſyckneſſe, ſeconde by receyuynge of medicines, thirdly by forbearyng the thyng, wherin ſhe delyteth.

Of the temperature of meates to be receyued. Cap 4.

To kepe the body in good temper: to them whoſe naturall cõplexion is moyſte, ought to be gyuen meates that be meſte in vertue or power. Contrarywiſe to them, whoſe naturalle complexion is dryc, oughte to be gyuen meates dryc in vertue or power. To bodyes vntemperate, ſuche meates or drinkes are to be gyuen,

uen, whiche be in power contrary to the distemperance, but the degrees are alway to be consydered, as well of the temperance of the body, as of the meates. For where the meates do moche excede in degree the temperature of the bodye, they anoye the body in causyng distemperance, As hotte wynes, pepper, garlyke, onyons, & salt, be noyfull to them, which be cholerike, bycause they be in the hyghest degre of heate and drieth, aboue the iuste temperance of mannes bodye in that cõplexion. And yet be they oftentymes holsome to them, whiche be fleumatike. Contrary wyse, colde water, colde herbes, and cold fruites moderately vsed, be holsom to cholerike bodies, by puttyng awaye the heate, excedyng the naturall temperature: and to theym, whiche be fleumatyke, they be vnholsome, and do bryng into them distemperance of colde and moyste.

What distemperance hapneth by the excesse of sondry qualities in meates and drynkes. Cap. 5.

Meates.

- Colde, do congele and mortifye.
- Moyste, do putrifie and hasten age.
- Drye, sucketh vp naturall moysture.
- Clãmy, stoppeth the issue of vapors and vrine, and ingendreth toughe fleume and grauell.
- Fatte and oyly, swymmeth longe in the stomake, and bryngeth in lothsomnesse.
- Bytter, doth not nourysshe.
- Salte, do frette moche the stomake.

Harrysshe, lyke the taste of wylde fruytes, do constipate, and restrayn.
Swete, chaufferth the bloudde, and causeth opilations or stoppynges of the pores and cundytes of the body.
Sower cooleth nature, and hasteneth age.

What commoditie happeneth by the moderate vse of the sayd qualities of meates and drynkes. Cap. 6.

Meates
- Colde asswageth the bournynge of choler.
- Moyste, humecteth that whiche is dryed.
- Drye, consumeth superfluouse moysture
- Clammye, thycketh that, whiche is subtyll and percynge.
- Bytter clenseth and wypeth of, also mollifieth and expelleth fleume.
- Salt, relenteth fleume clammy, and dryeth it.
- Fatte and vnctuouse, nourysheth, and maketh soluble.
- Stiptike or roughe on the toungue byndeth and comforteth appetite.
- Sweete dothe clense, dissolue, and nourysshe.

Of

☞ Of fruites. Cap. 7.

FOrasmoche as before that tyllage of corne was inuented, and that deuouryng of flesh and fyshe was of mankynde vsed, men vndoubtedly lyued by fruites, & Nature was therwith contented & satisfied: but by chaunge of the diete of our progenitours, there is caused to be in our bodies such alteration from the nature, whiche was in men at the begynnyng, that nowe all fruites generally are noyfulle to man, and do ingender ylle humours, and be oftetymes the cause of putrified feuers, yf they be moche and contynually eaten. Not withstandynge vnto them, whiche haue aboundaunce of choler, they be somtyme cōuenient, to represse the flame whiche procedeth of choler. And somme fruytes whiche be styptike, or byndynge in taste, eaten before meales, do bynde the bealy, but eaten after meales, they be rather laxatiue. Nowe shall it not be vnexpedient, to wryte of some fruites particularly, declarynge theyr noyefull qualities in appayrynge of Nature, and howe they may be vsed with leste detriment.

☞ Of Gourdes.

GOurdes rawe be vnpleasant in eatynge, yll for the stomacke, and almost neuer digested, therfore he that wylle nedes eate them muste boyle them, roste them, or fry them, euery way they be without sauour or tast, & of theyr proper nature, they gyue to the bodye colde and moyste nouryshement, and that verye Galen. de aliment. 2.

lyttell, but by reason of the slypperneſſe of their ſubſtaunce, and bycauſe all meates, whiche be moyſte of theyr nature, be not byndynge, they lyghtly paſſe forth by the bealy. And being well ordred, they wyll be metely concocte, yf corruption in the ſtomake do not preuente theym; they be colde and moyſte in the ſeconde degree.

Of Melones and Pepones.

MElones and Pepones be almoſte of one kynde, but that the melone is round like an apple, and the innermoſte parte therof, where the ſeedes are conteyned, is vſed to be eaten. The pepon is moche greatter, and ſomewhat longe, and the inner parte therof is not to be eaten: They bothe are very colde and moyſt, and do make yll iuyce in the body, yf they be not well digeſted, but the pepon moche more thanne the melon. they doo leeſt hurte, yf they be eaten afore meales. All be it yf they do fynde in the ſtomake fleume, they be tourned into fleume, yf they fynde choler, they be tourned into choler. Not withſtandyng there is in theym the vertue to cleanſe and to prouoke vrine, they be colde and moyſte in the ſeconde degree.

Cucumbers.

Galen. de aliment. 2.

CUcumbers do not excede ſo moche in moiſture as melons: and therfore they be not ſo ſoone corrupted in the ſtomake: but in ſome ſtomaches, beynge moderately vſed, they doo digeſte well: but yf they be aboundauntly eaten

eaten, or moche vsed, they ingender a colde and ehycke humour in the vaynes, whiche neuer or seldome is tourned into good bloude, and some-tyme bryngeth in feuers. Also they abate carnall luste. The seedes as well thereof, as of melones and gourdes, beyng dryed, and made clene from the hulkes, are very medicinable agaynste sych-nesses procedynge of heate, also the difficultie or lette in pyssynge, they be colde and moyste in the seconde degree.

Dates.

¶ Be harde to dygeste, therfore beynge moche eaten, and not well dygested, they anoy the hed, and cause gnawynge in the stomacke, and make grosse iuyce, and somtyme cause obstructions or stoppinges in the liuer and splene. And where there is inflammation or hardnesse in the body, they are vnholsome, but beyng wel digested and temperately vsed, they nourysche and make the flesche firme, and also bindeth the bealy: olde dates be hotte and dry in the fyrste degree: newe gathered are hotte and moyst in the fyrst degre.

Of fygges.

FIgges eaten, do shortly passe out of the stomacke, and are sone distrybuted into all the partes of the bodye, and haue the power to clense, specially grauell, beynge in the raynes of the backe, but they make no substancial nourishment, but rather somewhat lowse and wyndye, but by theyr quycke passage, the wynde is soone dissolued. Therfore yf they be rype, they do lest Actius. li.

harme of any fruytes, or almoſt none. Drye figges and olde, are more hotte and moyſte thanne newe gathered, but being moch eaten they make yll bloudde and iuyce, and as ſome do ſuppoſe, do ingender lyce, and alſo anoyeth the lyuer and the ſplene, if they be inflamed, but hauynge the power to attenuate or make humours currant, they make the bodye ſoluble, and doo clenſe the raynes. Alſo beynge eaten afore dyner with ginger or pepper, or powder of tyme, or penyroyall, they profyte moche to them, whiche haue oppilations or hard congeled matter in the inner partes of the body, or haue diſtillations or reumes fallynge into the breſte and ſtomake. Newe fygges are hote and moyſte, olde fygges are hote in the fyrſte degree, and dryc in the ſeconde.

Of grapes and rayſons.

Galen. de aliment. 2.

Grapes do not nouryſhe ſo moche as fygges, but beinge rype, they make not moch yll iuyce in the body: all be it newely gathered, they trouble the bely, & fylleth the ſtomake with wynd, therfore yf they be hanged vp a whyle, er they be eaten, they are the laſſe noyfull. Sweete grapes, are hotteſt, and doo lowſe ſomewhat, and make a manne thyrſtye.

Dioſco. 5.

Sowre grapes are colde, and do alſo lowſe, but they are harde of digeſtyon, and yet they do not nouryſhe. They which are in taſte bytter or harſhe, be lyke to theym that are ſowre. Rayſons do make the ſtomake firme and ſtronge, and do prouoke appetite, and do cōfort weake bodies, being eatē afore meales, they be hote in the firſt degree

degre, and moyst in seconde.

Of Cheries.

Cheries, yf they be swete, they do soone slyp downe into the stomake, but yf they be sowre or sharpe, they be more holsom, & do louse, yf they be eatē fresshe, & newly gathered, they be cold & moyst in the fyrst degre.

Of peaches.

Peaches do lasse harme, and do make better iuyce in the bodye, for they are not soo soone corrupted beyng eaten. Of the iuyce of them maye be made a syrope, very holsome against the distemperaūce of choler, wherof procedeth a stynkynge breathe, they be colde in the fyrst degree, and moyste in the seconde.

Of appulles.

All appulles eaten soone after that they be gathered, are colde, hard to digest, and do make yll and corrupted bloudde, but beynge well kepte vntyll the next wynter, or the yere folowynge, eaten after meales, they are ryght holsom, and do confyrme the stomake, and make good digestion, specially yf they be rosted or baken, moste properly in a cholerike stomake. they are best p̄serued in hony, so that one touche not an other. The rough tasted apples are holsome, where the stomake is weake by dystemperaunce of heate or moche moysture. The bytter

apples, where that grief is increased. The soure appuls, where the matter in congeled or made thycke with heate. In distemperature of heate and dryeth by drynkyng moche wyne, they haue ben founde commodioule: being eaten at nyght, goinge to bedde, withoute drinkynge to theym, they be colde and moyste in the fyrste degre.

Of Quynces.

QUynces be colde and drye, eaten afore meale, they bynd & restraine the stomak, that it may not digeste welle the meate, except that they be rosted or sodden, the core taken out and mixte with honye claryfyed, or sugar, than they cause good appetyte, and preserueth the heed from drunkennes: taken after meate, it closeth and draweth the stomake to gyther, and helpeth it to dygeste, and mollifieth the bealy, yf it be aboundantely taken: they be colde in the fyrste degree, and drye in the begynnynge of the seconde.

Of Pomegranates.

POmegranates be of good iuyce, and profytable to the stomake, specially they, whiche are swete, but in a hotte feuer, they that are sowre be more expedient and holsome. for than the swete do incende heate, and puffe vp the stomake.

Of

Of Peares.

PEares are moche of the nature of apples, but they are heuyer, but taken after meate rosted or baken, they are not vnholsome, and do restrayne and knytte the stomake, beyng ripe: they be colde and moyste in the fyrst degre.

Medlars.

MEdlars are colde and drye, and constrictiue or straynynge the stomake, and therfore they may be eaten after meales, as a medicine, but not vsed as meate, for they ingender melancholye, they be colde and drye in the seconde degree.

Walnuttes

VAlnuttes, yf they be blaunched, are supposed to be good for the stomake, a somwhat lowsynge the bealy, myxte with sugar, they do nourysshe temperately. Of two drye nuttes, as many fygges, and .xx. leaues of Rewe with a grayne of salte, is made a medycine, wherof yf one do eate fastynge, nothynge whiche is venemous may that day hurte hym, and it also preserueth against the pestilence, and this is the very ryght Mithridate. they be hotte and drie in the seconde degree, after some oppinions hotte in the thyrde degre, drye in the seconde.

A preseruatiue against the pestilence

Fylberdes and hasylnuttes.

They are more strong in substance than walnuttes,

nuttes, wherfore they are not so easily or soone digested. Also they do inflate the stomacke, and cause heed ache, but they ingender fatte. And yf they be rosted, they are good to restrayne rewmes. Also eaten with pepper, they are good agaynst tourmentes of the bealye, and the stoppynge of vryne. They be hotte and drye in the fyrste degree.

Of Almondes

They do extenuate and clense without any byndynge, wherfore they purge the brest and lunges, specially bytter almondes. Also they do mollifye the bealy, proyoke sleape, and causeth to pysse well, fyue or syx of theym eaten afore meate, kepe a manne from beynge dronke. they be hot and moyst in the fyrst degre.

Of Chestyns

They beinge rosted vnder the ymbers or hot asshes, doo nourysshe the bodye strongely, and eaten with hony fastynge, do helpe a manne of the cowghe.

Prunes

Of the gardeyne and tyme, doo dispose a man to the stoole, but they do brynge noo maner of nourysshement. To this fruyte lyke as to fygges this propertie remayneth, that being dryed they do profyte. The damaske prune rather byndeth than lowseth, and is more

is more commodiouse vnto the stomake: they be colde and moyste in the seconde degre.

Olyues

Condyte in salte lycoure, taken at the begynnynge of a meale doth corroborate the stomake, stirethe appetite, and louseth the bealy, beynge eaten with vyneger. They whiche be rype, are temperatly hote, they which be grene, are colde and dryc.

Of Capers

They nourysche nothynge after that they be salted, but yet they make the bely louse and purgeth flcume, whiche is therin conteyned. Also styreth appetite to meate and openeth the obstructions or stoppynge of the lyuer and splene, beynge eaten with oximell, before any other meate: they be hotte and dryc in the seconde degree. Galen. de alime. 2.

Orenges

The ryndes taken in a lyttell quantitie, doo comforte the stomake, where it digesteth, specially condite with sugar, and taken fastynge in a small quantitie. The iuyce of orenges, haupnge a toste of bredde put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamome, maketh a very good sauce to prouoke appetite. The iuyce eaten with sugar in a hotte feuer, is not to be discommended. The rynde is hotte in the fyrst degree, and dryc in the second: the iuyce of them is colde in the seconde degree, and dryc in the fyrste.

Herbes

Herbes vsed in potage or to eate.

Capitulo. 8.

Generally al herbes rawe, and not sodden, do ingender cold and watry iuyce, yf they be eaten customably, or in abundance: all be it some herbes are more comestyble, & doo lasse harme vnto nature, and moderatelye vsed, maketh meetly good bloudde.

Lettyse.

Amonge all herbes, none hath soo good iuyce as letise: for somemen do suppose, that it maketh aboundance of bloude, al be it not very pure or perfyte. It doth set a hote stomake in a very good temper, & maketh good appetite, and eaten in the euenynge, it prouoketh slepe, alde it, it neither doth lowse nor bynd the bealye of his owne propertie. It increaseth mylke in a womans breastes, but it abateth carnall appetite, and moche vsynge therof, hurteth the eye syghte. It is colde and moyst temperatly

Colewortes and Cabages.

Before that auarice caused marchantes to fetche out of the easte and south partes of the worlde, the traffyke of spyce and sondry droughes, to contente the vnsaciableneesse of wanton appetites, Colewortes for the vertues supposed to be in them, were of such estimation, that they were iudged to be a sufficient medycyne agaynst all diseases, as it maye appere in the booke of wyse Cato, wherein he wryteth of husban-

husbandrye. But now I wyll no more remember, than shall be requyred, in that whiche shall be vsed as meate and not pure medicyne. The iuyce therof hathe vertue to pourge: the holle leaues beynge halfe sodden, and the water poured out, and they beynge put eftsones into hotte water, and sodden vntyll they be tender, so eaten they do bynde the bealy. Some do suppose, yf they be eaten raw with vineger, before meat, it shall preserue the stomacke from surfettynge, and the heed from drunkennesse: all be it moche vsynge of them dulleth the syght, except the eies be very moyst. Fynally the iuyce that it maketh in the body is not so commendable, as that whiche is ingendred of lettyse. It is hote in the first degree, and drye in the seconde.

Of Cikorie or suckorie.

IT is lyke in operation to lettyse, & tempereth choler wonderfully, and therfore in all cholerike feuers, the decoctiō of this herbe or the water therof stylled, is ryghte expedient. semblably the herbe and rote boiled with fleshe, that is freshe beyng eaten, kepeth the stomacke and hed in verye good temper. I suppose that Southystell and Dentdelyon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they are wylde of nature and more bytter, and therfore causeth fastidiousnesse or lothsomnesse of the stomacke. It is colde and drye in the seconde degree.

☞ Endyue and Scariole

BE moche lyke in theyr operation to Cychorie, but they are more conuenient to medicine than to meate. All be it Scariole called whyte Endyue, haupnge the toppes of the leaues tourned in, and laydc in the erthe, at the latter ende of sommer, and couered, becommeth whyte and crispe, lyke to the great stalkes of cabage lettyse, whiche are in wynter taken vp and eaten. And to theym that haue hotte stomakes and drye, they be rycht holsome, but beynge to moche vsed, or in very great quantitie they ingender the humour, whiche maketh the cholike. they be colde and moyste in the fyrste degree.

☞ Malowes

Gale. 2. de alimentis.

¶ Are not colde in operation, but rather somewhat warme, and haue in them a slyppernesse: wherfore beynge boyled and moderatelye eaten with oyle and vyneger, they make metely good concoction in the stomake, and causeth the superfluous matter therin easily to passe, and clenseth the bealye. It is hotte and moyste in the fyrste degree.

☞ Whyte betis

¶ Are also abstersiue and lowseth the bealy, but moche eaten, annoyeth the stomake: but they ar rycht good agaynste obstructions or stoppynge of the lyuer, yf they be eaten with vyneger or mustarde, lykewyse it helpeth the splene. It is colde in the fyrst degre, and moyst in the second.

Purslane,

Pourselan.

Doth mitigate the great heate in all the inwarde partes of the body, semblably of the hed and eies: also it represseth the rage of Venus, but yf it be preserued in salte or bryne, it heateth and pourgeth the stomacke. It is colde in the thirde degre, and moyste in the seconde.

Cheruyle.

Is very profytable vnto the stomacke, but it maye not susteyne very moche boylynge, eaten with vineger, it prouoketh appetyte, and also vrine. The decoction therof drunke with wyne, clenseth the bladder.

Sorell.

Beyng sodden, it louseth the bealy. In a tyme of pestilence, yf one beynge fastynge, do chewe some of the leaues, and sucke downe the iuyce, it meruayllously preserueth from infections, as a newe practiser called Guainerius, doth wryte. And I my selfe haue proued it in my household. The sedes therof brayed and drunke with wine and water, is very holsome agaynste the cholike and frettynge of the guttes: it stoppeth fluxes, and helpeth the stomake anoyed with replecion. It is colde in the thyrde degree, and dry in the seconde.

in tempore pestilente

Dioscorides li. 2. capit. 106.

Persely.

Is very conuenient to the stomake, and comforteth appetite, and maketh the breath sweete, the sedes and roote causeth vrine to passe well, and breaketh the stoone, dissolueth wyndes: the rootes boiled in water, and therof oxymel being

made, it dissolueth fleume, and maketh good digestion. It is hotte and drye in the thyrd degre.

Fenell,

¶ Seynge eaten the sede or rote maketh abundance of mylke, lykewyse dronke with prysane or ale. The sede somewhat restrayneth fluxe, prouoketh to pysse, and mytigateth frettynges of the stomacke and guttes, specially the decoction of the rote, yf the matter, causynge fretting be colde, but yf it be of a hotte cause, the vse therof is daungerouse, for inflammation or exulceration of the raynes or bladder. It is hotte in the thyrde degree, and drye in the fyrste.

Galen. simpli. de medicament. li. 3. ca. 74.

Anyse sede.

Maketh swete breathe, prouoketh vrine, and dryueth downe thynges, cleauyng to the raynes, or bladder, styrreth vp courage, and causeth abundance of mylke. It is hotte and drye in the thyrde degree.

Beanes.

They make wynde, howe so euer they be ordered: the substance, whiche they doo make, is spungye, and not firme, all be it they be abstersyue, or clensynge the bodye, they tarye longe, or they be digested, and make grosse iuyce in the body, but yf onyons be sodden with them, they be lasse noyfull.

Peasyn.

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body: they be also abstersyue, or clensyng, specially white peason, and they also cause metely good nou-

nouryshynge, the huskes taken awaye. And the brothe wherin they be sodden, clenseth ryghte well the raynes and bladder.

bonū pro Calculo

Rape rotes and Nauews. Cap. 9.

The iuyce made by them, is very grosse: & therfore beyng moch eaten, if they be not perfytely concocte in the stomake, they do make crude or rawe iuyce in the vaynes. Also yf they be not well boyled, they cause wyndes, and annoye the stomake, & make somtyme frettynges: If they be well boyled fyrste in cleane water, and that beinge caste away, the second tyme with fatte fleshe, they nourysshe moche, and do neyther lowse nor bynde the bely. But Nauews do not nourysche so moche as rapes, but they be euen as wyndy.

Turnepes,

Beyng well boyled in water, and after with fatte fleshe, nourysheth moche, augmenteth the sede of man, prouoketh carnall lust. Eaten raw, they styre vp appetite to eate, beynge temperatly vsed, and be conuenient vnto them, whiche haue putrifyed matter in theyr brestes or lunges, causynge theym to spytte easily, but beynge moche and often eaten, they make raw iuyce and wyndynesse.

Maxime ni[illegible]

Parsneps and carettes.

They do nourysche with better iuyce than the other rootes, specially carettes, whiche are hote & drye, and expelleth wynde. Not withstandyng moche vsed they ingender yll iuyce: but carettes

Gal. simp. medi. li. 7.

lasse than parsnepes, the oone and the other expelleth vrine.

☞ Radysshe rotes.

Paulus Aeginera. Dioscorides. Li. 7. de alliment.

Haue the vertue to extenuate, or make thyn, and also to warme. Also they cause to breake wynde, and to pysse: beyng eaten afore meales, they lette the meate, that it may not descend, but being eaten lasse, they make good digestion, and louseth the bealy, thoughe Galenus wryte contrary. For I, amonge dyuers other, by experience haue proued it: Notwithstandyng they be vnholsome for theym, that haue contynually the goute, or payne in the ioyntes.

☞ Garlyke.

It doth extenuate and cutte grosse humours and slymy, dissolueth grosse wyndes, and heateth all the body: also openeth the places, which are stopped, generally where it is well digested in the stomake: it is holsom to dyuers purposes, specially in the bodye, wherein is grosse matter, or moche colde inclosed: yf it be sodden vntyll it loseth his tartenesse, it somewhat nourysheth, and yet looseth not his propertie, to extenuate grosse humours: beinge sodden in mylke, it profyteth moch agaynst distillations from the heed into the stomake.

☞ Onyons.

Do also extenuate, but the longe onions more than the rounde, the redde more than the white, the drye more than they whiche be greene: also rawe more than sodden: they styre appetite to meate, and put awaye lothsomnesse, and lowse the bealy, they quycken syght: and beynge eaten in great abundance with meate, they cause one

to

to sleape soundely.

Leekes.

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clense the body. and also make it soluble, and prouoketh vrine. Moreouer it causeth one to spette out easily the fleume, whiche is in the breaste. Galen 7. cap. 138.

Sauge

It heateth, and somwhat byndeth, and therwith prouoketh vrine, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bleedynge of woundes, beinge layde vnto them. Moreouer it hath ben proued, that women, whiche haue ben longe tyme without childerne, and haue drunke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue companyed with theyr husbandes, haue conceyued at that tyme. It is hotte and drye in the thyrde degree, the vsynge therof is good agaynst palseyes.

Isope.

Doth heate and extenuate, wherby it dygesteth clymye fleume: beynge prepared with fygges, it pourged fleume downewarde, with honye and water vpwarde, boyled in vyneger, it helpeth the toth ake, yf the tethe be washed therwith: it is hotte and drye in the thyrde degre.

Bourage.

Comforteth the harte, and maketh one merry, eaten rawe before meales, or layde in wyne that is drunke: Also mollyfieth the bealye, and prepareth to the stoole. It is hotte and moyst in the myddell of the fyrst degree.

Sauery.

Purgeth fleume, helpeth dygestyon, maketh quycke syghte, prouoketh vryne, and styreth carnal apetite: It is hot and dry in the thyrd degree.

Rokat.

Heateth mocke, and increaseth seede of man, prouoketh courage, helpeth digestion, and somewhat louseth. It is hotte and moyste in the seconde degree.

Tyme.

Dissolueth wyndes, breaketh the stone, expelleth vrine, and ceasseth sreattynges. It is hote and dryc in the thyrde degree.

Penyryall.

Dothe crtenuate, heate, and decocte, it reformeth the stomake, oppressed with fleume, it doth recomforte the faynte spirite, it expelleth melancholy by siege, and is medicinable agaynste many diseases, it is hotte & dryc in the thyrd degre.

Tollnecresses.

Lib. 1. Paulus dyscommendeth, sayeng, that it resisteth concoction, and hurteth the stomacke, and maketh yll iuyce in the body, taken as medicine, it helpeth many diseases. It is hotte and dryc in the thyrde degree.

Rosemary.

Hath the vertue to heate, and therfore it dissolueth humour congeled with colde: It helpeth agaynst palseys, fallyng syckenes, olde diseases of the breaste, tourmentes or frettyng, it prouoketh vrine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake. the roote beyng chewed, or the iuyce therof put into

the

the tothe: beinge bourned, the fume therof resysteth the pestylence: the rynde therof sodden or burned, & the fume receyueth at the mouth, stoppeth the reume, which falleth out of the heed into the chekes or throote: whiche I my selfe haue proued, the grene leaues bruysed, do stoppe the hemorroides, yf they be layde vnto them: this herbe is hotte and drye in the thyrde degree.

resysteth the pestilence

☞ Spices growyng out of this realme vsed in meate or drynke. Cap. 10,

Pepper.

Blacke pepper is hottest, and mooste drye, whyte pepper is next, longe pepper is most temperate. The generall propertye of all kyndes of pepper is to heate the bodye, but as Galene sayth, it perceth downeward, and dothe not spreade into the vaynes, yf it be grosse beaten. It dissolueth fleume and wynde, it helpethe digestion, expulseth vrine, and it helpeth agaynst the diseases of the breaste, procedynge of colde. It is hot in the fyrste degre, & dry in the second

☞ Gynger.

Heateth the stomake, and helpeth dygestyon, but it heateth not so soone as pepper: but afterwarde the heate remayneth longer, and causeth the mouth to be moyste: Beynge grene, or well confectioned in syrope, it comforteth moche the stomake and heed, and quyckneth remembrance. if it be taken in the morowe fastynge. It is hote in the seconde degree, and drye in the fyrste.

Saffron,

Somwhat byndeth, heateth, and comforteth the stomake, and the harte specially, and maketh good digestion, being eaten or drunken in a smal quantitie. It is hotte in the seconde degree, and drye in the fyrste.

Cloues.

Hath vertue to comforte the synewes, also to consume and dissolue superfluouse humoures, They be hotte and drye in the thyrde degre: sodde with mylk, it cõforteth the debilite of nature.

Mases.

Dioscorides commendeth to be drunke against spyttynge of bloudde, and blouddy flures, and excessiue laxes. Paulus Egineta, addeth to it that it helpeth the cholyke: they be hotte in the seconde degree and drye in the thyrde degre. It is to the stomake very commodiouse, taken in a lyttell quantitie.

Nutmigges

With theyr swete odour comfote and dissolue, and somtyme comforteth the power of the sight and also the brayn in cold discraties, and is hote and drye in the second degre.

Of breade. Cap. 11.

Breade of fyne floure of wheate, haurynge no leuyn, is slewe of digestion, and maketh slymy humours, but it nourysheth moche: yf it be leuyned, it dygesteth sooner: breade haurynge moche branne, fylleth the bealye with excrementes, and nourysheth lyttell or nothyng, but shortely descendeth from the stomacke: The

meane

meane betwene bothe, sufficiently leuyned, well moulded, and moderately baken, is the most holsome to euery age. The greatest loues do norishe moste faste, for as moch as the fyre hath not exhausted the moysture of theym. Hotte breadde, moche eaten, maketh fulnesse and thyrste, and slowely passeth. Barley bread clenseth the body, and doth not nourysche so moche as wheate, and maketh colde iuyce in the body.

¶ Of flesshe. Capi. 12.

BEfe of Englande to Englyshemen, whiche are in helthe, bryngeth stronge nourysshynge, but it maketh grosse bloudde, and ingendreth melancoly: but being of ponge oxen, not exredynge the age of foure yeares, to them, which haue cholerike stomakes, it is more conuenient, thanne chykens, and other lyke fine meates.

Swynes flesshe.

¶ Aboue all kyndes of flesshe in nourysshyng the body, Galene most cõmendeth porke, not beinge of an olde swyne, and that it be well digested of hym, that eateth it. For it maketh beste iuyce, it is moste conuenient for yong persons, and them, whiche haue susteyned moche labour, and therwith are fatigate, and become weake. Yong pigges are not commended before that they be one moneth olde, for they do brede moche superfluous humours.

Lambe.

Is very moyste and fleumatyke, wherfore it is not conuenyente for aged men, excepte that it be very dre rosted, nor yet for theym whiche haue in theyr stomake moche fleume.

Mutton.

De alimē. li. 3. ¶ Galene doth not commende it, not withstanding experience proueth here in this realme, that if it be yonge, it is a ryght temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the shepe, whiche beareth fynest wolle, is not the sweetest in eatynge, nor the moste tender. But I haue founde in some countrays mutton, which in whitenes, tenderneſſe, and sweteneſſe of the fleshe, mought be well nygh compared to kydde, and in digestion haue proued as holsome.

Kydde and veale.

Of Galene is cōmended nert vnto porke, but some men do suppose, that in helth and sickneſſe they be moche better thanne porke, the iuyce of them both beyng more pure. And here it is to be noted, that of all beastes, whiche be dry of theyr nature, the yongest be most holsom: of them that are moyste, the eldest are lest hurtfull.

Hare, Conye.

Hippo. de ratione victus lib. 2. capit. 19. Plin. 23. Maketh grosse bloude, it dryeth and stoppeth, but yet it prouoketh a man to pysse. Conye maketh better and more pure nourysshement, and is soner digested than hare. It is well proued, that there is neo meate more holsome, or that more cleane, firmely, and temperatelye nourysshethe than rabettes.

Dere redde and falowe.

Hippocrates affyrmeth the fleshe of hartes and hyndes, to be of yll iuyce, harde of digestion, and drye, but yet it moueth vrine. Of falowe dere, he nor any other olde wryter doth speake of,

of, as I remember. I suppose, bycause there be not in all the worlde so men, as be in England, where they consume a good part of the best pasture in the realme, and are in nothynge profytable, saynge that of the skynnes of theym is made better lether, than is of calues: the huntyng of them beyng not so pleasant, as the huntynge of other venerye or vermyne, the flesshe moche more vnholsome and vnpleasant, than of a redde dere, ingendrynge melancholy, and makynge many fearefulle dreames, and disposeth the bodye to a feuer, yf it be moche eaten: not withstandynge the fatte therof (as some lerned menne haue supposed) is better to be dygested, than the leane.

Of byrdes.

The flesshe of all byrdes, is moche lyghter, thā the flesshe of beastes in comparison, moste specyally of those foules, whiche truste moste to their wynges, and do brede in hygh countreyes.

Capons, hennes, and chyckens.

The Capon is aboue al other foules praysed, for as moch as it is easily digested, and maketh lyttell ordure, and moch good nourysshement. It is commodiouse to the brieste and stomake. Hennes in wynter are almost equall vnto the capon: but they do not make so stronge nourysshement. Auycen sayth, yf they be rosted in the bealy of a kydde or lambe, they wyl be the better. Chikens in sommer, specially yf they be cockrelles, are very conuenyent for a weake stomake, and nourysheth a lyttell. The flesshe of a cocke is harde of dygestion, but the broth, wherin it is boyled, louseth the bealy, and beyng sodden in it colewor-

tes

tes, Polypodium, or Cartamus, it pourgeth yll humours, and is medicinable agaynste goutes, ioynt aches, and feuers, which come by courses.

Fesaunt.

Exceedeth all fowles in sweteneſſe and holsomneſſe, and is equall to a capon in nouriſhing, but he is somwhat dryer, and is of some menne put in comparyson, meane betwene a henne and a patryche.

Partriche.

Of all foules is moſte sooneſt digeſted: and hath in hym moche nutriment, comforteth the brayne, and maketh sede of generation, and restoreth luſte, whiche is abated.

Quayles.

All though they be of some men commended, yet experience proueth theym to increace melancholy, and are of a smalle nourysshynge.

Larkes.

Be as well the fleſhe as the brothe, very holsome: eaten roſted, they do moche helpe agaynſte the cholyke, as Dioſcorides sayth.

A plouer.

Is slowe of digeſtion, nourysheth lyttell, and increaseth melancolye.

Blacke byrdes or ouſyls.

Among wylde foule hath the chiefe prayſe, for lyghtnes of digeſtion, and that they make good nourysshement, and lyttell ordure.

Sparowes,

Be harde to digeſte, and are very hotte, and styreth vp Venus, & specyally the braynes of them.

Woodcockes.

Are of a good temperaunce, and metely lyghte in dygestyon.

Pygeons.

Be easily dygested, and are very holsome to them, whiche are fleumatike, or pure melancoly.

Goose,

Is harde of digestion, but beynge yonge and fatte, the wynges be easy to digest in a hole stomake, and nourysheth competently.

Ducke,

Is hotter than goose, and hard to digest, and maketh warse iuyce, sauyng the brannes on the breaste boone, and the necke is better thanne the remnaunt.

Crane and bustarde.

Crane is harde of digestyon, and maketh yll iuyce, but beyng hanged vp longe in the ayre, he is the lasse vnholsome. Bustarde beinge fat, and kepte without meate a day or two afore that he be kylled, to expulse his ordure, and than drawen, and hanged as the crane is, beynge rooste or baken, is a good meate, and nourysheth well, yf he be well dygested.

Hearon, Byttour, Shoueler,

Beynge yonge and fatte, be lyghtlyer digested than crane: and the byttour sooner than the heron. And the shoular sooner than any of theym, but all these fowles muste be eaten with moche synger or pepper, and haue good olde wyne drunke after them, and so shall they be more easyly digested, and the iuyce commynge of theym be the lasse noyfull.

The

The partes and members of byrdes and beastes, Cap. 11.

The wynges braunes and necke of geese, capons, hennes, fesaunt, partryche, and small byrdes beyng fatte, are better than the legges in dygestyon, & lyghter in nourysshyng, of wyldfoule and pygeons beyng fatte the legges are better than the wynges: the braunes of ducke, teale, and wygeon excepte, whiche is better to dygeste than the resydewe.

The gysar or stomake.

Of a goose or henne beyng fatte with braune and mylke, beynge well sodden or made in pouder, is good for the stomake, in making it strong to digeste, and nourysheth competently.

The lyuar,

Of a capon, henne, fesaunt, or goose, beynge made fatte with mylke myxte with theyr meate, is not only easy to digest, but also maketh good iuyce, and nourysheth excellently. But the lyuers of beastes be yll to dygeste, passeth slowely, and maketh grosse blod, but it is strong in norishyng

The inwarde of beastes, as trypes and chitterlynges.

The flesshe of them is more harde to dygeste, And therfore although they be well digested, yet make they not iuice naturally sanguine, or clene, but rawe iuyce and colde: and requyreth a longe tyme, to be conuerted into bloode.

The lunges or lyghtes.

Are more easy to dygeste. than the lyuer, and lasse nourysheth, but the nourysshement, that it maketh, is flemmatyke: All be it the lunges of a

Fore

Foxe, is medicinable for them, which haue syk-
nesse of the lunges.

The splene or mylte.

Is of yll iuyce, for it is the chāber of melancoly.

The harte.

Is of harde flesshe, and therfore is not soone dygested, nor passeth shortely, but where he is well dygesteth, the iuyce that it maketh, is not to be dyspraysed.

The brayne.

Is fleumatike, of grosse iuyce, slowe in dige-
stynge, noyouse to the stomacke, but where it is well dygesteth, it nourysheth moche.

Marowe.

Is more delectable than the brayne, it is yll for the stomacke, but where it is well dygesteth, it nourysheth moche.

The stones and vdders,

Beyng well digested, do nourysshe moche, but the stones are hotter with theyr moystnesse, the vdders colde and fleumatike, they bothe do in-
crease sede of generation: but the bloudde made of the vdder is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stoones of cockes, maketh commenda-
ble nourysshement.

The heed.

The flesshe therof nourisheth moch, and aug-
menteth sede: but it is slowe of dygestyon, and noyeth the stomacke, but to theym, whiche vse moche exercyse, it is not discommendable.

The tongue.

Is of a spoungy and sanguine substance, but

the kernelles and gristell, whiche are in the roo-tes, yf they be welle dygested, they make good nourysshement, yf they be not well dygested, they make fleume.

The feete.

Beynge well boyled and tender, in a holle sto-make, dygesteth well, and maketh good iuyce, and passeth forthe easily. Galene commendeth the fete of swyne. But I haue proued, that the feete of a ponge bullocke tenderly sodden, and layde in soule two dayes or thre, and eaten colde in the euenynge, haue broughte a cholerike sto-make into a good digestion and slepe, and ther-with hath also expulsed salte fleume and choler, and this haue I founde in my self by often expe rience: alway forsene, that it be eaten before a-ny other meate, without drynkynge immediatly after it.

Of fysshe generally. Cap. 14.

Pyke.
Perch.
Sole.
Whiting.
Tench.
Playce.
Carp.
Gudgeon.
Trout.

The best fysshe after the opinion of Galen, is that, whiche swymmeth in the pure see, and is tossed and lyfte vp with windes and sourges. The more calme that the water is, the warse is the fysshe, they which are in muddy waters, do make moche fleume and ordure, ta-ken in fennes and dyches be warste, beinge in freshe ryuers and swyfte, be somtyme commen-dable: albeit generally, all kyndes of fysshe ma-keth more thynner bloudde, than flesshe, so that it doth not moche nourysshe, and it doth sooner passe out by vapours: to a hotte cholerike sto-make, or in feuers, somtyme they be hollsome, beynge

beynge newe, fresshe, and not very harde in substance or slimy, harde fysshe is hard of digestion, but the nourishement therof is more fyne, than that, whiche is softe: those whiche haue moche grosse humours in them, are best powdred.

Of butter. Cap. 15.

Butter is also nourysshynge, and profiteth to them, whiche haue humours superfluous, in the breste or lunge, and lacketh rypyng & clensynge of them: specyally if it be eaten with sugar or hony. If it be well salted, it heateth and clenseth the more.

Of Chese. Cap. 16.

Chese by the hole sentence of all auncyent wryters, letteth digestion, and is enemye vnto the stomacke. Also it ingendreth yll humours, & bredeth the stone. The chese whiche dothe leste harme, is softe chese, reasonably salted, whiche somme men do suppose, nourysheth moche.

Of Egges. Cap. 17

Egges of fesantes, hennes, and partriches, be of all other meates most agreable vnto nature, specially yf they be newe layde: yf they be reere, they do clense the throte and the breaste. If they be harde, they be slowe in digestion: but beynge ones digested, they do nourysshe moche. Mean betwene rere and hard, they dygeste conuenyently, and nourysshe quyckely. Egges well poched, ar better thā rosted. If they be fryed harde, they be of yll nourysshement, & do make stynkyng fumes in the stomake, & do corrupt other meates with whom they be mingled. They be moste holsome, whan they be poched,

and most vnholsome, whan they be fryed. Dioscorides sayth, If they be souped warme, before any other meate, they do heale the griefes of the bladder, and raynes, made with grauelle: also sorenesse of the chekes, and throte, and spytting of bloudde: and they be good agaynst catarres, or stillynge out of the heed, into the stomake.

Of drinkes, and fyrste of Water Capit. 18.

VNdoubtedly water hath preemynence aboue all other lycours, not onely bycause it is an element, that is to say, a pure matter, wherof all other lycours haue theyr original substance: but also forasmoch, as it was the very naturall and fyrst drynke, to all maner of creatures. wherfore the sayeng of Pindarus the poete, was euer welle allowed, which sayth, water is beste. And one thyng is to be well consydered, that from the creation of the worlde, vntyll the vniuersalle deluge or floudde, durynge whiche tyme, men lyued eyght or nyne hundred yeres, there was none other drink vsed nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius, and other: and in the serchynge out of secrete and mysticall thynges, their wyttes excelled. More ouer, we haue sene men and women of great age, and stronge of body, whiche neuer, or very seldome, dranke other drynke, than pure water: As by example, in Cornewall, although that the countray be in a very colde quarter, whiche prouethe, that yf menne from their infancye, were accustomed to

none

none other drynke but to water onely, moderately vsed it shulde be sufficient to kepe naturall moysture, and to cause the meate that is eaten to perce and descende vnto the places of digestion, which are the purposes that drynke serueth for. But nowe to the qualities of water, after the sentence of auncient philosophers and phisitions, The rayne water, after the opinion of the most men, yf it be receyued pure & cleane, is moste subtyll and penetratyue, of any other waters: the nexte is that, whiche yssueth out of a spryngе in the easte, and passeth swyftely, amonge great stones or rockes: the thyrde is of a cleane ryuer, which rennethe on great harde stones or pebles. There be dyuers meanes to trye out, whiche is the beste water, for that which is lyghtest in poyse or weyght is beste. Also that, wherof commeth leste skymme or frothe, whan it doth boyle. Also that, whiche wyll sooneste be hote. Moze ouer deape lynnen clothes into sundrye waters, and after laye them to drye, & that whiche is sooneste drye, the water wherin it was depid is moste subtylle. After a greate surfette, colde water drunken is a generall remedy. Hippocrates affyrmeth, that in sharpe and feruent diseases, none other remedy is to be requyred, than water. And Galene wylle not, that chyldrene shulde be lette from drynkynge of water: but that whan they fele them selues very hotte, after meales, and do desyre to drynke water, specially of a cleane fountayn, they shuld be suffred. Also Hippocrates sayth, In suche sykenes where asthou feareste, lest the heed shuld be vehemently greued, or the minde perysshed there must

De ratiõe uictus in mor. acutis li. 3.

thou gyue eyther water, or whyte wyne alayed with moche water. Not withstandynge there be in water causes of dyuers diseases, as of swellynge of the splene, and the lyuer, it also flyt teth and swymmeth, and it is long or it perceth, in as moche, as it is colde and slowe in decoc tion, it loseth not the healy, nor prouoketh vrine. Also in this it is vicyous, that of his proper na ture, it maketh none ordure. Fynally, alway re specte muste be hadde to the persone, that dryn keth it, for to yonge men, and them, that be hot of complexion, it doth lasse harme, and somtyme it profyteth: but to them that ere feble, olde, flew matyke, or melancoly, is not conuenient.

Of Wyne. Cap. 19.

PLato, the wyseste of all phylosophers, doth affirme, that wyne moderatly dronke, no rysheth and cõforteth, as well all the body, as the spirites of man. And therfore, god dyde ordeyne it for mankynde, as a remedy a gaynste the incommodities of aege: that thereby they shulde seme to retourne vnto youth, & for gette heupnes. Undoubtedly wyne heateth and moysteth the body, which qualities chiefly con serueth nature. And Galene of all wynes, com mendeth that, which is yelowe and clere, saing, That it is the hotest, and whyte wyne lest hote. And the colour meane betwene bothe, of sembla ble temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men doth bryng these cõmodites, Fyrste it hea teth al theyr membres, also it purgeth by vryne,

the

the watry substaunce of the bloudde. Moreouer the wynes, whiche be pale or yelowe, and full of substance, they do increase bloudde, & nourysshe the body, but for the more parte olde men haue nede of suche wynes, whiche do prouoke vrine: for as moch as in them do abounde watrye excrementes, or superfluities. And they whiche do tary longe in the bealy, be not apt for aged men. Blacke or depe redde wynes and thicke, do bind and congele that which they do fynde in the bodye, and although some of them do not longe abyde in the bealy, yet they moue not vrine, but rather withdraweth: but yet they do harme to olde men, for as moche as they do stoppe the cũdites of the splene, the lyuer, & the raynes. Also grosse wynes be best for them, whiche desyre to be fatte, but it maketh oppilations: olde wyne and clere is better for them, that be fleumatike. Galene also prohibiteth chyldern to drynke any wyne, forasmoch as they be of an hot and moist temperature, and soo is wyne: and therfore it heateth and moysteth to moch theyr bodyes, and fylleth theyr heedes with vapours. Moze ouer, he wolde, that yonge men shoulde drynke lyttell wyne, for it shall make them prone to fury, and to lechery: and that parte of the soule, whych is called rationable, it shall make troublous and dulle: not withstandynge, yet it is sommetyme profytable to mitigate or expell ordure, made of coler or melancolye. Also it profyteth agaynste drythe, whiche happeth in the substance of the bodye, eyther by to moche labour, or by the propre temperature of age: for wyne moysteth and nourysheth that, whiche is to drye, also mytigateth

Lib. 1. de tuenda sanitate.

teth and dissolueth the sharpenes of choler, and purgeth it also by vrine and sweate: Finally (as Theognes sayth) Moch drynkynge of wyne is yll, but moderate drynkyng of wyne is not only not yll, but also commodious and profitable, whiche sentence is confyrmed by Jesus Syrac, in the boke named Ecclesiasticus, sayeng, wyne moderatly drunke, reioyseth bothe the body and soule. wherfore to cõclude this chappter, There is neyther meate nor drynke, in the vse wherof ought to be a more discrete moderation, than in wyne, consyderynge that beynge good & drunke in due tyme and mesure, it not onely conserueth naturall and radicall moysture, wherby lyfe indureth, but also it helpeth the pryncypall membres, whiche belonge to digestyon, to do theyr office: On the other parte, beynge yll or corrupt or taken out of order and measure, it doth contrarye to all the premysses, besydes that it transformeth a man or womã, makyng them beastly. More of the qualities of wyne, shall be touched hereafter in the order of dyete.

Ecclc. 31.

Of Mylke. Cap. 10.

Mylke is compacte of three substaunces, creame, whey, and cruddes. The moste excellent mylke is of a womã The milke of a cowe is thyckest, the mylke of a camelle is moste subtyll, the mylke of a goote is betwene cowe mylke, and camelle mylke. Ewes mylke is betwene cowe mylke and asses mylke. Also the mylke of beastes, fedyng in large pastures, and oute of fennes and marsshes, is better than of them

them, whiche be fedde in lyttell cloſes, or in watry groundes. In ſpringe tyme mylke is mooſte ſubtyll, and milke of yong beaſtes, is holſomer, than of olde. To chylderne, olde menne, and to them, whiche be oppreſſed with melancolye, or haue the fleſhe conſumed with a feuer ethike, mylke is conuenient. And generally to all them, which do not fele the mylke ryſe in theyr ſtomoſkes, after that they haue eaten it: and in thoſe perſones, it dothe eaſyly pourge that, whiche is in the bealy ſuperfluous. And afterwarde it entreth into the vaynes, and bryngeth good nouryſhement. Who ſo euer hath an appetit to eate or drynke mylke, to the entente that it ſhall not aryſe or abrayde in the ſtomake, lette hym put into a veſſel, out of the whiche he wyll receyue it, a fewe leaues of myntes, ſugar, or pure honye. And in to that veſſel cauſe the beſt to be milked, and ſo drynke it warme from the vdder: or els lette hym do as Paulus Aegineta teacheth, that is to ſay, boyle fyrſt the mylke with an eaſy fier, and ſethe it after with a hotter fire, and ſkimme it cleane, and with a ſpunge deaped in cold water, take that cleane away, whiche wold be burned to the veſſell, than put to the mylke ſalt and ſugar, and ſtere it often. Moreouer mylke taken to pourge melancolye, wolde be drunke in the mornyng abundantly newe mylked, as is before wrytten. And he that drynketh, ſhulde abſteyne from meate, and exercyſe, vntyll the mylke be digeſted, and haue ſomwhat pourged the bealy. For with labour it becommeth ſowre: and therfore it requyreth reſte and watche, or to walke very ſoftely. Finally, where men and women

Oribaſius de confectione ciborum. li. 3.

be vsed from their chyldhode, for the more part, to mylke, and do eate none or lyttell other meat, but mylke and butter, they appere to be of good complexion and facion of body, and not so moche vexed with sickenesse, as they whiche drinke wyne or ale: not withstandynge moche vse of mylke in men sanguyne or choleryke, dothe ingender the stone.

Of ale, biere, cyder, and Whay.

I Can neyther here nor rede, that ale is made and vsed for a commen drynke in any other coũtray than England, Scotland, Ireland and Doyle. The latine worde Cereuitia, is indifferent as well to ale as biere, and the onely difference betwene them is, that biere hath hoppes sodden in it, ale ought to haue none. If the corne be good, the water holsom and cleane, and the ale or biere well and perfytely brewed and clensed, and by the space of. vi. dayes or more, settled and defecate, it muste nedes be a necessary and conuenient drynke, as well in syckenesse as in helth: consyderyng that barley corne, wher of it is made, is commended, and vsed in medicine, in all partes of the worlde: and accompted to be of a syngular efficacy, in reducyng the body into good temper, specyally which is in a distemperature of heate. For what auncient phisition is there, that in his workes commendeth not ptysane, which is none other than pure barley, brayed in a morter, and sodden in water, the same thynge is smalle and clene ale or biere, sauynge that perchaunce, the drienge of the malte is cause

is cause of moze drythe to be in the ale, than in ptysane. And the hoppes in biere maketh it colder in operation. But to say as I thynke, I suppose, that neyther ale noz biere is to be cõpared to wyne, consyderynge, that in theym do lacke the heate and moysture, whiche is in wyne. Foz that beynge moderately vsed, is most lyke to the naturall heate and moysture of mannes bodye. And also the lykour of ale and bicre, beyng moze grosse, do ingender moze grosse vapours, and corrupte humours, thanne wyne dothe, beynge drunke in lyke excesse of quantitie.

¶ And one thynge is to be noted, whiche was lately wel marked, of a man of excellent lerning, beinge vexed with the syknes of the stone. That in them, which w alway vse to drink ale oz bere the stone & grauel ingendred in them, is white of colour: And in them, whiche do vse to drynke wyne foz the moste parte, the stones and grauell, whiche be ingendreth in them, be redde of colour. Not withstandyng commonly the colour of the stone foloweth the humour, whiche dothe moste abounde in the pacyent. As coler maketh the grauell moze redde, fleume maketh it moze whyte. Also some men do suppose, that red grauell is ingendred in the raynes: white grauell in the bladder. Moze ouer, who so euer vseth ingurgitation of ale oz bicre, his breathe shall be moze lothesome, than the breathes of them, whiche do take the excesse of wyne: foz the wyne, by the reason of his heate, is soner digesteth, and doth leue behynde hym, fewer dregges. As foz Cyder, may not be good in any condicion, consyderynge (as I say) that all fruytes do ingender

yll humours, & do coole to moch naturall heate: but to them, whiche haue abundaunce of redde choler, moderately vsed, it somewhat profiteth in mytigation of excessiue heate. But who that wyll dylygently marke in the countrays, where syder is vsed for a comon drynke, the men and women haue the colour of their vysage palled, & the skynne of theyr vysage ryueled, although that they be yong. What yf it be lefte of the butter, beynge well ordred, and not drunke, vntylle it haue a thycke curde of mylke ouer it, lyke to a hatte, is a ryght temperate drinke: forasmoch as by the vnctuositie of the butter, wherof the whay retaynyth some portion, it is bothe moyste and nourysshynge, and clenseth the breste: and by the subtylnesse of it selfe, it descēdeth sone from the stomache, and is shortly digested. Also by reson of the affinitie, which it hath with mylke, it is conuertible into bloudde and flesshe, specially in those persones, whiche do inhabite the northe partes, in whom natural heate is conglutinate, and therfore is of more puissaunce and vertue in the office of concoction. Also custome from chyldhoode dothe eleuate the power of meates and drynkes in theyr dispolition, not withstandynge that the foure humours, sanguine, choler, fleume, and melancoly, must also be consydered as it shall appere in dyuers places hereafter.

Of Hony. Cap. 22.

HOnye as well in meate as in drinke, is of incomparable efficacy, for it not only clenseth, altereth, and nourysheth, but also it

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longe tyme preserueth that vncorrupted, whiche is put into it. In so moch as Plinie sayth, Suche is the nature of hony, that it suffred not the bodyes to putrifie. And he affirmeth, that he did see an Hippocentaure (whiche is a beaste halfe man, halfe horse) brought in honye to Claudius the emperour out of Egypte, to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundred yeres olde, of whome Augustus the emperour demaunded, by what meanes he lyued so longe, and retayned styl the vygoure or lyuelynesse of body and mynd, Pollio answered, that he dyd it inward with meade (whiche is drynke made with hony and water) outward with oyle. Which sayeng agreeth with the sentence of Democritus, the greatte philosopher: who beynge demaunded, howe a man moughte lyue longe in helthe, he aunswered, If he wette hym within with hony, without with oyle The same philosopher, whan he was a hūdred yeres olde and vyne, prolonged his lyfe certayne daies with the euaporation of hony, as Aristorenus writeth. Of this excellent matter, moste wonderfully wrought and gathered by the lytel bee, as wel of the pure dewe of heuen, as of the most subtyl humour of swete and vertuous herbes & floures, be made likors cōmodious to mankind, as meade, metheglyn, & oxymel. Meade whiche is made with one parte of hony, and foure tymes so moche of pure water, and boyled vntyll no thynne do remayne, is moch commended of Galene, drunke in sommer, for preseruynge of helthe. The same author alwaye commendeth the vsynge of hony, eyther rawe eaten with fine breade

Pli. li. 22.

Galen. de tuend. san. lib. 4.

breade somwhat leuened, or sodden, and receyued as drinke. Also meade perfectly made, clenseth the breste and lunges, causeth a man to spyt easily, and to pysse abundantly, and purgeth the healy moderately. Metheglyn, whiche is moste vsed in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and more comforteth a colde stomake, if it be perfectely made, and not newe or very stale. Oximell is, where to one parte of vineger is put double so moche of hony, foure tymes as moche of water, and that beynge boyled vnto the thyrde parte, and cleane skymmed with a fether, is vsed to be taken, where in the stomacke is moche fleume or matter vndygested, so that it be not redde choler. Loke the vse therof in Alexandro Tralliano.
Many other good qualities of honye, I omytte to wryte of, vntyll some other occasyon shal happen, to remember them particularly, where they shall seme to be profytable.

Sugar. Cap. 23.

Of sugar, I do fynde none ancient author of grekes or latynes, to wryte by name, but onely Paulus Aegineta, who sayth in this wyse, after that he hath treated of hony, Moreouer sugar, whiche they calle hony, that is brought to vs from Arabia, callid felix, is not so swete as our hony, but is equalle in vertue, and doth not anoy the stomake, nor causeth thyrste. These be the wordes of Paulus. It is nowe in dayely experience, that sugar is a thynge verye temperate and nourysshynge, and where there is choler

is choler in the stomake, or that the stomake abhorreth hony, it may be vsed for hony in al thynges, wherin hony is requyred to be.

Of tyme. Cap. 24.

In the consyderation of tyme, for takynge of meates and drynkes, it is to be remembred, that in wynter meates ought to be taken in great abundance, and of a more grosse substance than in sommer, forasmoch as the exterior aire, whiche compasseth the body beynge colde, causeth the heate to withdrawe into the inner partes, where being inclosed, and contracte togither in the stomake & entrayles, it is of more force to boyle & digest that, which is receiued into it. Also meates rosted, ar thā better than sodden, and flesshe & fisshe powdred, is thā better than in sommer. Herbes be not than commendable, specially raw, neither fruites, except quynces rosted or baked, drynk shuld be than taken in lyttel quātitie. Moreouer wines shall nede no water, or very litell, and that to colerike persons: redde wynes, and they, whiche be thicke & swete, may be than moste surely taken of theym, whiche haue none oppilations, or the stone. Alway remember, that in wynter fleume increaseth by reason of rayne and moystnesse of that season, also the length of nyghtes and moche reste. And therfore in that tyme colerike persons, are best at ease, semblably are yonge men, but to olde men wynter is ennemye. It begynneth the. viii. day of Nouember, & endureth vntyll the. viii. day of February. Gal. in cō ment. in apho. 2. li. 3.

The spryng tyme doth participate the fyrste parte

parte with wynter, the latter parte, with sommer. Wherfore yf the fyrste parte be colde, than shall the diete be accordynge to wynter. If the ende be hotte, than shall the diete be of sommer. If both partes be temperate, than shulde there be also a temperannce in diete: alwaye consyderyng, that fleume yet remayneth, & bloud than increaseth. And meate wold be lasse in quantitie than in wynter, and drynke somwhat more.

Hipocrat. de natura humana.

Sprynge tyme begynneth the. viii. daye of Februery, & cõtinueth vntyll the. viii. day of May.

In sommer the inward heat is but lytel, & the stomake doth not digest so strongely nor quykly, as in wynter, wherfore in that season, eatyng often, and a lyttell at ones, is moste conuenient.

Gal. cõ. in aphor. 18. lib 1.

And Damascenus sayth, that fastynge in sommer drieth the body, maketh the colour salowe, ingendreth melancoly, and hurteth the syght. also boyled meate, breade steped in whyte brothe, with sodden lettyse, or cykorie, are than good to be vsed. also varietie in meates, but not at oone meale, potages made with colde herbes, drynke in more abundance, wyne alayde with water, to hotte complexions moche, to colde natures lasse.

Hipocrates de humoribus.

In this season bloudde increaseth, and towarde the ende therof, choler. And therfore they, which be colde of nature and moyste, are than beste at ease, hotte natures and dry warste. More ouer, chyldren, and very ponge men in the begynnyng of sommer, are holest, old folke in the latter end and in haruest. Somer beginneth the. viii. daye of May, & cõtinueth vntyll the. viii. day of August.

Galen. in cõment. in aphor.

Autumne beginneth the. viii. day of August, & endeth the. viii. day of Nouember, that season of

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the yere is variable, & the aire changeable, by occasyō wherof, happen sondry sikneſſis, & blod decreaſeth, & melancoly abundeth: wherfore al sūmer frutes wold thā be eſchewed, forasmoch as they make yll iuyce and windes in the body. In this tyme meate wolde be more abundant than in somer, but somwhat dyer: drynk muſt be laſſe in quantitie, but laſſe myrte with water. This tyme is daungerous to all ages, al natures, and all countrays, but the natures hote and moyſte, be leſte indamaged.

Diete concerning sondry tymes of the yere. Wrytten by the olde phiſition Diocles to kyng Antigonus.

From the.xii. daye of December, at the whiche tyme the day is at the shorteſt, vntyl the nynthe day of Marche, which do conteyne lxxxx. dayes, reumes and moyſtures do increaſe, than meates and drynkes naturally very hotte, wolde be moderately vſed, also to drynke abundantly wyne without alaye or with lyttell water, and to vſe lyberally the companye of a woman, is not vnholsome to the body.

¶ From the nynth daye of Marche, at whiche tyme is æquinoctium vernū, vnto the. xxv. day of Aprill, ſwete fleume and blondde do increaſe, therfore vſe than thynges haueynge moche iuyce and sharpe, exercise the bodye dilygently, than may ye vſe ſafely the company of a woman.

¶ From the.xxv. day of Aprill. to the.xiiii. daye of June, Choler increaſeth, than vſe all thynges, that are ſwete, and doo make the bealy ſoluble, forbeare carnall company with women.

From

¶ From the.xiiii.day of June, at whiche tyme the day is at the lẽgest, vnto the.xii. day of September, dothe melancoly reigne, forbeare lechery, or vse it moderately.

¶ From the.xii. daye of September, vnto the xvii.daye of October, doo abounde fleume and thynne humours, than wolde all flures and distillations be prohibited, than all sharpe meates and drynkes and of good iuyce, are to be vsed, and lechery eschewed.

¶ Frome the.xvii. daye of October, to the. xii. daye of December, increaseth grosse fleume, vse therfore all bytter meates, sweete wynes, fatte meate, and moche exercise.

Of ages. Cap.15.

Gal.de tu. san.li.1. Chyldern.

Chyldren wold be nourysheth with meates and drynkes, whiche are moderately hote and moyste, not withstandynge Galene dothe prohibite them the vse of wyne, bycause it moysteth and heateth to moche the bodye, and fylleth the heedes of them, whiche are hotte and moyste, with vapours. Also he permitteth them in hotte wether to drynke clere water of the fountayne.

Oribasius de virtute simpli.li.1.

¶ A chylde growynge faste in his members towarde a man, soo that he semeth well fedde in the bodye, is than to be feared of fulnes of humours, and if it be percepued, that he is replete, than muste be withdrawen and minished some parte of that nutriment, and accordynge vnto his age, some euacuation wold be deuised, other while by exercyse, walkynge vp and downe fastyng.

stynge, and before that they eate any meate, lette them exercise them selfes with theyr own labors and do theyr own accustomed busynes, and eate the meates wherunto they be moste vsed, so that it be suche, that may not hurte theym. And this nede they not to knowe of philitions, but by experience and diligent serche by theyr stoole, theyr notices shall perceyue what dygesteth well, and what doth not.

¶ But yf it appere, that by excessiue feedynge the bealy of the chyld is fuller and greater than it was wonte to be, and that whiche passeth by the bealy, is corrupted, or his sweate stynketh, these thynges knowen, if they eate stronge meates, gyue them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they may go more easily to the stole. For if any haue an vnreasonable appetite, he is sooner recouered, yf he be pourged by a boyle or impostume comen forthe and broken, before that the meate be corrupted: and after that let hym eate fyne meates, and beynge ones hole, retourne by lyttell and lyttell to his olde custome.

¶ Yonge men, excedyng the age of. xiiii. yeres, shal eate meates more grosse of substance, colder and moyster: also salades of colde herbes, and to drynke seldome wyne, except it be alayd with water. All be it all these thynges muste be tempred, according to their complexions, & exercyse and quietnesse in lyuynge, wherof ye shall reede in theyr proper places hereafter. Yong men

¶ Olde men, in whom natural heate & strength semeth to decay, shuld vse alway meates, which are of qualitie hotte and moyst, and therwithall

easy to be digested, and absteyne vtterly from al meates & drinkes, whiche wyll ingender thicke iuyce and slymy, semblably from wyne, whiche is thicke, swete, and darke redde wynes, and rather vse them, whiche wyll make thyn humors, and wyll purge well the bloudde by vryne: therfore whyte or yelowe wynes, and perchaunce frenche clarette wynes, are for them very commendable. Also wyne prepared with pure hony clarified, wherin rootes of persely or fenelle be steped, specially yf they suspecte any thynge of the stoone, or goute And yf they more desyre to clense theyr raynes and bladder: than is it good to vse small white wine, as racked reniche wine, or other like to it. and sommetyme to stepe ouer nyght therin a persely roote slyt, and somwhat bruysed, and a lyttell lykorice. Fynally, let them beware of all meates, that wyll stoppe the pores, and make obstructions or oppilations, that is to saye, with clammy matter stoppe the places, where the naturall humours are wrought and digested, the whyche meates I haue before sette in a table. But if it chaunce theym, to eate any suche meate in abundance, lette them take shortely suche thynges, as do resyste opilations, or resolue theym. As white pepper, bruised and myxte with theyr meates or drynke: garlyke also or onyons, yf they abhorre them not. Alway remembre, that aged men shuld eate often, and but lyttell at euery tyme, for it fareth by theym, as it dothe by a lampe, whiche is almooste extincte, whiche by powrynge in of oyle lyttell and lyttell, is longe kept bournynge: and with moche oyle poured in at ones, it is cleane put out. Also

Paulus Egineta. li. 1. cap. 23.

Opilatiõs What they are.

they must forbeare all thynges, whiche doo ingender melancolye, wherof ye shall rede in the table before: and breadde cleane without leuen, is to theym vnholsome.

Moderation in diet, hauyng respecte to the strength or weakenes of the person. Cap. 26.

NOwe here it must be consydered, that all though I haue writen a generall diet for euery age, yet nethelesse it must be remembred, that some chyldren and yong men, eyther by debilite of nature, or by some accydentall cause, as syckenes, or moch study, happen to gather humours fleumatike or melancoly in the places of digestiō, so that cōcoction or digestion is as weake in them as in those, which are aged Semblably some olde men fynde nature so beneficyall vnto them, that theyr stomakes and lyuers are more stronge to digeste, than the sayde yonge men, some percheunce haue moche choler remaynynge in theym. In these cases the sayde yonge men muste vse the diete of olde menne, or nygh vnto it, vntyl the discrasy be remoued, hauynge alwaye respecte to theyr vniuersall complexions, as they, whiche are naturally cholerike, to vse hotte thynges in a more temperance than they, whiche be fleumaticke, or melancolye by nature. The same obseruation shall be to olde menne, sauynge that age, of his owne propertye is colde and drye, therfore the olde man, that is cholerycke, shall haue more regarde to moysture in meates, than the yonge man beyng Hipocrat. aphor. Galen. in comment.

of the same complexion. Forsene alwaye, that where nature is offended or greued, she is cured by that, whiche is contrarye to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drythe. In that wherby nature shulde be nourished in a hole and temperate bodye, thynges muste be taken, whiche are lyke to the mans nature in qualitie and degre. As where one hath his body in a good temper, thynges of the same temperance dothe nourysshe hym. But where he is oute of temper, in heate, cold, moysture, or dryth, temperate meates or drynkes, nothyng do profyt hym, for beynge out of the meane and perfyte temperature, nature requyreth to be therto reduced by contraries, remembrynge not only, that contraries are remedye vnto theyr contraries, but also in euery contrary, consideration be hadde of the proporcion in quantitie.

Tymes in day concernynge meales. Cap. 27.

BEsydes the tymes of the yere, and ages, there be also other tymes of eatynge and drynkynge to be remembred, as the sondry tymes in the daye, whiche we call meales, whiche are in noumber and dystaunce, accordynge to the temperature of the countrey and person: As where the countrey is colde, and the persone lusty, and of a strong nature, there may mo meales be vsed, or the lasse distance of tyme betweene them. Contrarywise in contrary countreys and personages, the cause is afore rehersed, where I haue

haue spoken of the diet of the times of the yere, not withstādyng here must be also consideratiō of exercise and reste, which do augmente or apeireth the naturall disposition of bodyes, as shall be more declared herafter in the chapiter of exercise. But concernyng the general vsage of cōtreys, & admittyng the bodies to be in pfit state of helth, I suppose that in England yong men, vntyll they come to the age of .xl. yeres, may weil eate thre meales in one daye, as at breakefaste, dyner, & supper, so that betwene breakefast and dyner, be the space of foure houres at the leaste, betwene dyner and supper. vi. houres, and the breakefast lasse thā the dyner, and the dyner moderate, that is to say, lasse than saciete or fulnes of bealy, and the drynke thervnto measurable, accordynge to the dryenesse or moystnesse of the meate. For moch abundance of drynk at meale, drowned the meate eaten, and not onely letteth conuenient concoction in the stomake, but also causeth it to passe faster than nature requyreth, and therfore ingendreth moche fleume, and consequently reumes, & crudenes in the vaynes, debilitie and slypperneste of the stomake, contynuall flixe, and many other inconueniences to the body and membres. But to retourne to meales, I thynke breakefastes necessary in this realme, as well for the causes before rehersed, as also forasmoche as choler, beyng feruent in the stomake, sendeth vp fumosities vnto the brayn, and causeth heed ache, and somtyme, becometh aduste, and smouldreth in the stomake, whereby happeneth perylous sycknes, and sommetyme sodayn deth, yf the heate incloſed in the stomake

Brekefast.

haue nat other conuenient matter to worke on: this dayly experience proueth, and natural reson confirmeth. Therfore men and womē not aged, hauing their stomakes cleane without putrified matter, slepyng moderately and sondely in the nyght, and felynge them selfe lyghte in the morynge, and swete breathed, lette them on goddes name breake theyr faste: Coleryke men with grosse meate, men of other complexions with lyghter meate, fore sene, that they labour somewhat before: semblably their dyner and supper, as I haue before written, so that they sleape not incontinent after theyr meales. And here I wyll not recite the sentences of authors, whiche had neuer experience of englysshe mens natures, or of the iuste temperature of this realme of Englande, onely this counsell of Hipocrates shall be sufficient. We ought to graunt somewhat to tyme, to age, and to custome: not withstandynge where great werynesse or drythe, greued the body, there oughte the dyner to be the lesse, and the lenger distance betwene dyner and supper. alsoo moche reste, excepte a lyttell softe walkyng, that by an vpryght mouyng, the meate beyng styred, may descende. This is alway to be remembred, that where one feleth hym selfe full, and greued with his dyner, or the sauoure of his meate by eructation accēdeth or that his stomake is weke by late syckenesse or moche study, than is it most conuenient, to abstayne from supper, and rather prouoke hym selfe to sleape moche, than to eate or drynke any thynge. Also to drynke betweene meales, is not laudable, excepte very great thirst constrayneth, for it interrupteth the office of the

Hipocrat. aphor. 18. lib. 1.

Galen. de tuend. san.

stomake

stomake in concoction, and causeth the meate to passe faster than it shulde do, and the drynke beinge colde, it rebuketh naturall hete, that is workyng, and the meate remaynyng rawe, it corrupteth dygestyon, and makyth crudenesse in the vaynes. wherfore he that is thyrsty, let hym consyder the occasyō. If it be of salt fleume, let him walke fayre and softely, and onely wasshe his mouthe, and his throote with barley water, or small ale, or lye downe and sleape a lyttell, and so the thyrste wyll passe away, or at the leaste be well asswaged. If it happen by extreme heate of the ayre, or by pure cholet, or eatynge of hot spices, lette hym drynke a lyttell iulep made with cleane water and sugar, or a lyttell small biere or ale, so that he drynke not a great glutte, but in a lyttell quantitie, let it styll downe softly into his stomake, as he sytteth, and than let hym not moue sodeynly. If the thyrste be in the euenyng, by eatynge to moche, and drynkynge of wyne, than after the opinion of the beste lerned phisitions, and as I my selfe haue often experienced, the best remedy is, yf there be no feuer, to drinke a good draught of colde water, immediatly, or els yf it be not peynefull for hym to vomyte, to prouoke hym therto with a lyttel warme water, and after to washe his mouth with vineger and water, and so to sleape longe and soundly, yf he can. And yf in the mornyng he fele any fumosities rysyng, than to drynke iulep of violettes, or for lacke therof, a good draught of very small ale or biere somewhat warmed, without eatyng any thynge after it.

by salt fle

by extren heate

THE SECOND

Of dyuerſitie of meates eaten wherby helthe is appaired. Cap. 28.

NOw let this be a generall rule, that ſondry meates, beynge dyuers in ſubſtance and qualitie, eaten at one meale, is the greateſt ennemy to helth, that may be, and that whiche ingendreth moſt ſikneſſes, for ſome meates beyng groſſe, and harde to dygeſte, ſome fine & eaſy to dygeſt, do requyre diuers operations of nature, and diuers temperatures of the ſtomake, that is to ſay, moch heate and temperate heate, whiche may not be togyther at one tyme. Therfore whan the fyne meate is ſuffycientlye boyled in the ſtomake, the groſſe meate is rawe, ſo both iuyces, thone good and perfite, the other groſſe and crude, at one tyme dygeſted, and ſent into the veynes and body, nedes muſte helth decaye, and ſyckneſſes be ingendred. Lykewyſe in diuers meates being diuers qualities, as where ſome are hotte and moyſt, ſome cold and moyſt, ſome hote and drye, ſome colde and drie, accordynge therunto ſhall the iuyce be dyuers, which they make in the body. And lyke as betwene the ſayd qualities is contrarietie, ſo therby ſhall be in the body an vnequall temperature, foraſmoch as it is not poſſible for man to eſteme ſo iuſte a proporcyon of the qualities of that, whiche he receyueth, that the one ſhall not excede the other in quantitie. wherfore of the ſayd vnequall mixture, nedes muſt enſue corruption, & conſequētly ſykneſſe. And therefore to a hole man, it were better, to fede at one meale competently on very groſſe

grosse meate only, so that it be swete, and his nature do not abhorre it, than on diuers fyne meates, of sondry substance and qualities. I haue knowen and sene olde men, and olde women, whiche eatyng only beke, baken, chese, or curdes, haue continued in good helthe, whome I haue prouyd, that whan they haue eaten sondry fyne meates at one meale, haue sone after felte them selfe greued with frettinges and hed ache, and after that they haue ben hole agayne, there hath ben gyuen to theym one kynde of lyght meate, they haue done as well therwith, as they were wont to do with grosse meates, whan they eate it alone, whiche proueth to be true that whiche I haue rehersed. And it is good reason, for after the generall opinion of philosophers and phisitions, the nature of mankynde is beste contente with thynges most symple and vnmixte, all thinges tendynge to vnitie, wherin is the onely perfection. Also it is a generall rule of phisyke, that where a syckenes may be cured with symples, that is to say, with one onely thyng, that is medicinable, there shulde the phisition gyue no cõpounde medicyne myxte with many thynges.

These thynges consydered, it maye seme to all men, that haue reson, what abuse is here in this realme in the contynuall gourmandyse & dayely fedynge on sondry meates, at one meale, the spirite of gluttony, triumphynge amonge vs is his gloryouse charyot, callyd welfare, dryuynge vs afore hym, as his prysoners, into his dũgeon of surfet, where we are turmedted with catarres, feuers, goutes, pleuresies, frettynge of the guttes, & many other sycknesses, and fynally cruelly Glutony.

put to death by them, oftentymes in youth, or in the moste pleasaunt tyme of our lyfe, whan we wold most gladly lyue. For the remedy wherof, howe many tymes haue there ben dyuised ordynaunces and actes of counsayle, although perchaunce bodyly helthe was not the chyefe occasyon therof, but rather prouision ageynst vayne and sumptuous expenses of the meane people. For the nobilitie was exempted and had libertie to abyde styll in the dongeon, yf they wolde, and to lyue lasse whyle than other men: But whan, where, and howe longe were the sayd good deuyses put in due execution, for all that thereof should succede double profite, that is to say, helth of body, and increse of substance, by eschewyng of superfluous expenses in sondry dyshes: Alas how longe wyll men fantasye lawes and good ordynaunces, and neuer determyne them. Fantasy procedeth of wytte, dete, mination of wisedome. wytte is in the deuysyng and speakynge, but wysedome is in the performance, whiche resteth onely in execution. Here I had almost forgotten, that my purpose was to wryte of the order of diete, and not of lawes, but the feruente loue that I haue to the publyque weale of my countray, constrayned me to digresse somewhat from my matter: but nowe wyll I procede forth to wryte of order, whiche in takynge of meates and drynkes, is not the leste parte of diete.

Of order in receiuynge of meate and drynke. Cap. 29.

HErbes as welle sodden, as vnsodden, also fruytes, whiche do mollyfye and louse the bealy, ought to be eaten before any other

other meate, excepte that sommetyme for the repressynge of fumolities, rysynge in the heed by moch drynkyng of wyne, rawe lettyse, or a colde appull, or the iuyce of orenges or lymons maye be taken after meales in a lyttel quãtitie. More ouer all brothes, mylke, rere egges, and meates, whiche are purposely taken to make the bealye soluble, wolde be fyrste eaten. All fruites and other meates, that are styptike or byndyng, wold be eaten laste after all other. Fruites confectionate specially with hony, ar not to be eaten with other meates. But here is it to be dylygentelye noted, that where the stomacke is colerike and strong, grosse meates wold be fyrst eaten: where the stomacke is colde or weake, there wold fyne meates be fyrste eaten: for in a hot stomake, fine meates are bourned, whyle the grosse meate is digesting. Contrary wise in a colde stomake, the lyttel heate is suffocate with grosse meate, & the fyne meate lefte rawe, for lacke of concoction, where if the fyne meat be fyrst taken moderatly, it stereth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates, yf they be eatẽ afterward: so that it be but in small quantitie. not withstandyng, as I late affirmed, one maner of meate is moste sure to euery complexion. forelene that it be alway most comonly in conformitie of qualities, with the person that eateth. Moreouer take hede, that slipper meates be not first eaten, lest it drawe with it to hastily other meates, or they be digested, nor that stiptik or restrayning meatis, be taken at the begynning as quynces, peares, and medlars, leste they may let other meates, that they descende not into the

bottom of the stomake, where they shulde be digested, not withstãding the cõfection made with the iuyce of quynces, callid Dactonites, taken two houres afore dyner, or supper, is commẽded of Galene, and other, for restoryng appetite, and making good concoction. Also cõcernyng drynke at meales, it wolde not be afore, that somwhat were eten. And at the begynnyng the drink wold be strongest, & so toward the end more smal, if it be ale or bere, & if it be wine more & more alaide with water. And after the better opinion of phisicions, the drink wold rather be mixte with the meate by sondry lytle draughtes, than with one great draught at thend of the meale, for the mixture tempryth wel the meate without anoyance, a great draught with moch drink, drowneth the meate, rebuketh natural hete, that than worketh in concoction, & with his weight drueth downe the meate to hastily. Hot wines and swete, or cõfectioned with spices, or very strong ale or bere, ar not conuenient at meales, for the meate is by them rather corrupted, thã digested, & they make hot and stinking vapors ascende vp to the brayns. All be it yf the stomake be very wyndy, or so colde and feble, that it can not concoct suche a quantitie of meat, as is requyred to the suffycyent nourishement of the body of hym that eateth, or hath eaten raw herbes or frutes, where by he feleth som anoyance, than may he drynke last incontynent after his meale, a lyttell quantitie of secke, or good aqua vite in smal ale: but yf he haue moche choler in his stomake or a heed full of vapours, it were moch better, that he dyd neyther drynke the one, nor the other, but rather

eate

eate a lyttell colyander sede prepared, or a pece of a quince rosted, or in marmelade, and after reste, to amende the lacke of nature with slepe, moderate exercise, and playsters prouyded for comfortynge of the stomake. And here wyll I leaue to wrpte any more of the diete in eatyng & drinkyng, saupnge that I wold, that the reders shuld haue in remembrauince these two counsayles. Fyrst, that to an hole man, to precise a rule is not conuenient in diete: & that the diseases, whiche do happen by to moche abstinence, are wars to be cured, than they whiche come by replecion. And as Cornelius Celsus sayth, A man that is hole and wel at ease, and is at his liberte, ought not to bynde hym selfe to rules, or nede a phisition: but yet where the stomake is feble, as is of the more parte of citesyns, and wel nigh al they that be studious in lernyng or weighty affayres, there ought to be more circumspection, that the meate may be such, as that eyther in qualitie or quantitie, nature beynge but feble, but not rebused, or to moche oppressed.

Cor. Cel. li. 1. cap. 1.

Idē, ca. 2.

Of sleape and watche. Cap 30.

The commoditie of moderate slepe, appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourysshement, is comforted in the places of dygestion, and so digestion is made better, or more perfite by slepe, the body fatter, the mynde more quiete and clere, the humours temperate: and by moche watche all thynges happen cōtrarye. The moderacyon of sleape muste be measu-

red

ed by helthe and syckenesse, by age, by tyme, by emptynesse or fulnesse of the body, and by naturall complexions. Fyrste to a hole man, haupnge no debilitie of nature, and digestynge perfytely the meate that eateth, a lyttell sleape is sufficient: but to them, which haue weake stomakes, and do digeste slowely, it requireth, that sleape be moche lengar. Semblable temperance is required in youth and age, wynter and sommer. The body beinge full of yll humours, very lytel slepe is sufficient, except the humors be crude or raw, for than is slepe necessary, which digesteth them better, than labour. Semblably, where the body is longe empty, by longe syckenesse or abstinence, slepe comforteth nature, as well in the principall membres, as in all the other. Also regarde muste be hadde to the complexion, for they that ar hot and do eate lyttell, and digeste quickely, a lyttell sleape serueth, specyally to choleryke persones, for in them moche slepe augmenteth heate, more than is necessary, wherby hote fumes and inflamations are often ingendred, and somtyme the naturall choler is aduste or putryfied, as experience teacheth. Fleumatike persons ar naturallly inclyned to sleape: and byceuse they ingender moche humours, they requyre more sleape than sanguine or cholerike. Persons hauyng naturall melancoly, not procedynge of choler aduste, do requyre very moche sleape, whiche in them comforteth the powers animal, vitall, and naturall, which ye may find writē in the tables preceding. Sleape wolde be taken not immediatelye after meales, and before that the meate is dyscended from the mouthe of the stomake. For thereby is

choleryke

fleumatike

melancoly

ingen

ingendred paynes and noyse in the bely, and digestion corrupted, and the slepe by yll vapours, ascendyng, made vnquiete and troublous. More ouer immoderate slepe maketh the body apt vnto palseys, apoplexis, sallynge sycknes, reumes, & impostumes. Also it maketh the wyttes dull, and the body slowe and vnapte to honeste exercise. Semblably immoderate watche dryeth to moch the body, and doth debilytate the powers animall, letteth digestion, and maketh the bodye apte to consumptions. Wherfore in these two thynges, as well as all other, a diligent temperance is to be vsed, the moderation is best conjected for it is harde perfytely to knowe it) by the sensible lyghtnes of all the body, specially of the brayne, the browes, and the eyes, the passage downe of the meate from the stomake, the wyll to make vrine, and to go to the stoole. Contrary wise, heuines in the body and eyes, and sauor of the mete before eaten, signifieth that the slepe was not sufficient. They that ar hole must slepe first on the right side, bycause the meate may approche to the lyuer, whiche is to the stomake, as fyre vnder the potte, and by hym is digested. To them, whiche haue feble digestion, it is good to slepe prostrate on their bealyes, or to haue theyr bare hand on theyr stomakes. Lyeng vpright on the backe, is to be vtterly abhorred.

Immoder. slepe

watche immoderate

The commoditie of exercise, and the tyme whan it shulde be vsed. Cap. 31.

Euery menynge is not an exercise, but only that which is vehemēt, the end wherof, is alteration of the breath or wynd of a man

Of

Of exercyse do procede two cõmodities, euacuation of excremẽtes, and also good habite of the body. for exercyse beyng a vehemẽt motion, ther of nedes muste ensue hardnesse of the members, wherby labour shal the lesse greue, and the body be the more stronge to labour. also therof commeth augmentation of heate, wherby happeth the more attraction of thynges to be dygested, also more quycke alteration, and better nourysshynge. More ouer, that al and syngular partes of the body, be therewith somwhat humected. wherby it happeth, that thinges harde be mollifyed, moyst thynges are extenuate, and the pores of the body ar more opened. And by the violence of the breath or wynd, the pores are clensed, and the fylthe in the body naturally expelled. This thing is so necessary to the preseruatiõ of helth, that without it, no man may be longe without sycknesse, whiche is affyrmed by Cornelius Celsus, sayeng, that sluggysshnes dulleth the bodye, labour doth strength it, the fyrst bryngeth the incõmodities of age shortly, the last maketh a man longe tyme lusty. Not withstandynge in exercyse ought to be foure thinges diligently considered, that is to say, the tyme, the thynges precedyng, the qualitie and the quantitie of exercyse.

Cor. Cel. lib. 1.

Fyrst as concernyng the tyme conuenient for exercise, that it be not whan there is in the stomake or bowels, great quãtitie of meate not sufficyently dygested, or of humours crude or raw, leste therby peryll mought insue by conueyance of them into all the membres, before those metes or humours be concocte or boyled sufficyently. Galen sayth, that the tyme moste conuenient for

Galen. de tuend. san. lib. 2.

exercyse

exercise is, whan bothe the fyrst & seconde digestyon is complete, as well in the stomake, as in the vaynes, & that the tyme approcheth to eate ofte lones. For yf ye do exercyse sooner or later, ye shall eyther fyll the body with crude humours, or elles augment yelowe choler. The knowledge of this tyme is perceyued by the colour of the vryne, for that which resẽbleth vnto clere water betokeneth, that the iuyce, whiche cometh from the stomake, is crude in the vaynes: that whiche is well colouryd, not to hygh or base, betokeneth that the second digestion is nowe perfyte: where the colour is very hygh or redde, it syghnifyeth, that the concoction is more thanne sufficyent. Wherfore whan the vryne appereth in a temperate colour, not redde nor pale, but as it were gylt, than shulde exercise haue his begynnyng.

Of fricasies or rubbynges precedynge exercise. Cap. 52.

As touchynge thynges precedynge exercise, for almoch as it is to be feared, leste by vehement exercise any of the excremẽtes of the bealy or bladder, shulde hastely be receyued into the habyte of the body, by the vyolence of heate, kendled by exercyse: also leste some thynge, whiche is hole, be by heuynesse of excrementes, or vyolent mocion, broken or pulled out of his place, or that the excrementes, by vyolence of the breathe, shulde stoppe it: powres or cundytes of the bodye, it shall be necessarye lyttell and lyttell, by chafynge the body, fyrste to mollifye the partes consolydate, and to extenuate or

Galenus. Paulus. Oribasius, Actius.

make thynne the humours, and to lowse and o-
pen the poores, and than shall ensue to hym that
exercyseth, no peryll of obstruction or rupture.
And to bryngе that to passe, it shall be expedient,
after that the body is clensed, to rubbe the body
with a course lynnen clothe, fyrst softely and ea-
sily, and after to increase more and more, to a
harde and swyfte rubbynge, vntyll the flesshe
do swelle, and be somwhat ruddy, and that not
only downe ryght, but also ouerthwart & round
Some do vse fricacies in this forme, in the mor-
nynge, after that they haue ben at the stole, with
theyr shirte sleues or bare hande, if theyr flesh be
tender, they do fyrst softely, and afterwarde fa-
ster, rubbe theyr breste, and sydes downewarde,
and ouerthwarte, not touchyng their stomacke
or bealy, and after cause their seruāt semblably
to rubbe ouerthwart their shoulders, and backe,
begynnyng at their neckbone, and not touchyng
the raynes of their backe, excepte they doo fele
there moche colde and wynde, and afterwarde
their legges frō the knees to the ancle: laste their
armes from the elbowe to the hand wreste. And
in this forme of fricasy I my selfe haue founden
an excellent commoditie. Old men, or they, whi-
che be very dryе in their bodyes, yf they put to
some swete oyles, as Yrinum, Nardiū, Chame-
melinum, or other lyke, myrte with a lytel swete
oyle of rooses, I suppose they do wel. I wyl not
here speake of oyntementes vsed in ode tyme a-
monge the Romaynes and Grekes, in fricacies
or rubbynges. For I suppose, that they were
neuer here vsed. and in the sayde places, they be
also left, onelesse it be in palsies, or apoplexies,

or

or agaynst the rigour, which happeth in feuers, onely. I wyll remember the sayeng of Hipocrates, Frictyse hathe power to lowse, to bynde, to increase flesshe, and to mynysshe hit. For harde frycacies doo bynde or consolidate, softe rubbynge doth lowse or mollyfye, moche dothe mynysshe flesshe, meane rubbynge dothe augment or increase it. He that wyll knowe more aboundantly herof, lette hym rede the boke of Galene of the preseruation of helth, callyd in latyne De tuenda sanitate, translated most truely and eloquentely, out of Greke into latine, by doctour Linacre, late phisition of moste worthy memory to our soueraygne lorde kynge Henry the eight. The same mattier is written more briefely of Paulus Egineta, Oribasius, Aetius and some other late wryters, but vnto Galene not to be compared.

The diuersities of exercises. Cap. xx.

The qualitie of exercise, is the dyuersytie therof, forasmoche as therin be many differences in mouynge, and also some exercise moueth more one parte of the body, some an other. In difference of mouynge, some is slowe or softe, some is swyfte or faste: some is stronge or violent, some be myxte with strength & swiftnesse. Stronge or violent exercyses be these, deluyng (specially in tough clay and heuy) bearyng or sustcynynge of heuy burdeynes, clymmyng or walkynge agaynst a stiepe vpright hyll: holding a rope, & clymmyng vp therby, hangyng by the handes on any thynge, aboue a mannes reache,

that his fete touche not the grounde: standynge and holdynge vppe, or spreadynge the armes, with the handes faste closed, and abydynge soo a longe tyme. Also to holde the armes stedfaste, caulynge an other man, to assay, to pulle theym out, and not withstandynge he kepeth his arme stedfaste, inforcynge therunto the synewes and muscles. wrastlynge also with the armes and legges, yf the persones be equall in strengthe, it dothe exercise the one and the other: yf the one be stronger, than is it to the weaker a more vyolent exercise. All these kyndes of exercises, and other lyke them, do augmente strengthe, and therfore they serue onely for yonge men, whiche be inclyned, or be apte to the warres. Swyfte exercise without violence is, runnynge, playenge with weapons, tenyse, or throwynge of the balle, trottyng a space of ground forwarde and backewarde, goynge on the toes, and holdynge vppe the handes. Also styrrynge vp and downe his armes, without plummettes. Vehement exercise is compounde of vyolent exercise, and swyfte, whan they are ioyned togyther at oone tyme, as daunsynge of galyardes, throwynge of the balle, and rounnynge after it: footeballe playe may be in the number therof, throwynge of the longe darte, and contynuynge it many tymes, ronnynge in harneys, and other lyke.

The moderate exercyse is longe walkynge or goyng a iourneye. The partes of the body haue sondry exercises appropryed vnto them, as runnynge and goynge is the mooste proper for the legges. Mouynge of the armes vp and downe, or stretchynge theym out, and playenge with wea-

weapons, serueth most for the armes and shulders, stouppynge and tylynge oftentyme, or lykynge great weightes, takynge vp plummettes or other lyke poyses on the endes of staues, and in lyke wyse, lyftyng vp in euery hande a speare or mortispyke by the endes, specyallye crossynge the handes, and to laye theym downe agayne in theyr places, these do exercyse the backe and loines. Of the bulke and lunges the proper exercyse is meuynge of the breathe in syngynge or cryenge. The entrayles, whiche be vndernethe the myddreffe, be exercysed by blowynge, eyther by constraynte, or playenge on Shaulmes, or Sackbottes, or other lyke instrumentes, whyche doo requyre moche wynde. The Musculs are best exercysed with holdynge the breath in, a longe tyme, soo that he whiche dothe exercyse, hath welle dygested his meate, and is not troubled with moche wynde in his bodye. Fynally lowde redynge, counterfayte battayle, tenyse, or throwynge the balle, runnynge, walkynge, adde to shotyng, whiche in myn opinion excede all the other, do exercyse the body commodiously. Alwaye remember, that the ende of violent exercyse, is difficultye in fetchynge of the brethe. Of moderate exercyse, alteratiō of breth onely, or the begynnynge of sweate. More ouer in wynter, runnynge, and wrastlynge, is conuenient. In sommer wrastlynge a lytell, but not runnynge. In very cold wether, moche walking, in hotte wether, reste is more expedyent. They whiche seme to haue moyste bodyes, and lyue in ydelnesse, they haue nede of vyolent exercyse. They which ar leane and choleryke, must walk

Celsus.

softly, and exercise them selfes very temperatly. The plummettes, callyd of Galen Alteres, whiche are nowe moche vsed with great men, being of equall weight, and accordyng to the strength of hym, that exerciseth, are very good to be vsed fastynge, a lyttell before brekefaste or dyner, holdynge in euery hand one plummet, and lyftynge theym on hyghe, and bryngynge theym downe with moche vyolence, and so he maye make the exercise vyolent, or moderate, after the poyse of the plummettes, heuyer or lyghter, and with moche or lyttell labourynge with theym.

Of Gestation, that is to say, where one is caried, and is of an other thynge meued, and not of hym selfe. Cap. 54.

Paul. Egi. Actius.

There is also an other kynde of exercyse, which is called Gestation, and is myxte with mouynge and rest. For as moch as the body, syttyng or lyeng, semeth to rest, and not withstandyng it is meued by that, whiche beareth it, as lyenge in a bedde, hauynge by cordes or chaynes, or in a cradell, syttinge in a chaire, which is caried on mens shulders with staues, as was the vse of the auncient Romayns or syttynge in a boote or barge, which is rowed, rydynge on a horse, whiche aumbleth very easily, or goth a very softe pace. The bedde, cradel, and chayre caried, serueth for theym, that are in longe and continuall syckenesse, or be lately recouered of a feuer. Also them, whiche haue the frenesye or letarge, or haue a lyghte terciane feuer,

ter, or a cotidiane. This exercise swetely asswageth troubles of the mynd, and prouoketh slepe, as it appereth in chylderne, whiche are rocked. Also it is conuenient for them, whiche haue the palsey, the stoone, or the goute. Gestation in a charyotte or wagon hath in it a shakynge of the body, but some vehement, and some more softe, the softe serueth in dyseases of the heade, and where any matter runneth downe into the stomake and entrayles. But the vehement shaking is to be vsed in the griefes of the brests and stomacke. Also in swellyng of the body and legges in dropsies, palseys, mygrimes, and scotomies, whiche is an imagination of darkenesse, beynge ertouened, at the ende of his iourneye, he muste sytte vp, and be easily moued. I haue knowen, sayth Aetius, many persons in suche wyse cured without any other helpe. Nauigation or rowynge nigh to the lande, in a clame water, is expedict for them that haue dropsies, lepries, palsepes, called of the vulgar people, takynges, and frensies. To be caried on a rough water, it is a vyolent exercise, & inducеth sondry affections of the mynde, somtyme feare, somtyme hope, nowe coward harte, nowe hardinesse, one whyle pleasure, an nother whyle dysplеasure. These exercises, yf they be well tempered, they maye put out of the body, all longe durynge syckenesses. For that whiche is myxte with reste and meuynge, yf any thynge eiles maye, it moste excellently causeth the body to be well nourysshed. Celsus doth prohybite gestation, where the body feleth peyne, & in the begynnyng of feuers, but whan they ceasse, he alloweth it. Celsus. 2.

Rydynge moderately, and without greefe, it dothe corroborate the spyrite and bodye aboue other exercyses, specyally the stomake, it clenseth the sences, and maketh theym more quycke: all be it to the brieste it is very noyfull. It ought to be remembred, that as well this, as all other kyndes of exercyse, wold be vsed in a hole countreye, and where the ayre is pure and vncorrupted. Foresene, that he that woll exercyse, do go fyrste to the stoole, for the causes rehersed in the laste chapiter.

Of vociferation. Cap. 35.

The chiefe exercyse of the brest and instrumentes of the voyce, is vociferacion, whiche is synging, redyng, or crienge, wherof is the propertie, that it purgeth naturall heate, and maketh it also subtyll and stable, and maketh the membres of the body substancyall and stronge, resystynge diseases. This exercyse wold be vsed, of persones shorte wynded, and theym, whiche can not fetche theyr brethe, but holdyng their necke streight vpright. Also of them, whose flesshe is consumed, speciallye about the breaste and shoulders. also which haue had apostumes broken in theyr breastes: moreouer of them that are hoorse by the moche moysture. and to them, whiche haue quartene feuers, it is conuenient, it louseth the humour, that stycketh in the brest, and dryeth vp the moysteneſſe of the stomacke, whiche properly the course of the quartayne is wont to bringe with hym, it also profiteth them whiche haue feble stomakes, or do vomyte con-

tynually, or do breake vp sowrenesse out of the stomake. It is good also for grefes of the heed. He that intendeth to attempt this exercise, after that he hath ben at the stoole, and softly rubbed the lower partes, and washed his handes. Lette hym speake with as base a voyce as he can, and walkynge, begynne to synge lowder & lowder, but styll in a base voyce, and to take no hede of sweete tunes or armonye. For that nothynge dothe profyte vnto helthe of the body, but to inforce hym selfe to synge greatte, for therby moche ayre drawen in by fetchyng of breath, thrustyth forth the breast and stomacke, and openeth and inlargeth the poores. By hygh crienge and lowde readynge, are expellyd superfluouse humours. Therfore menne and women, hauynge theyr bodyes feeble, and theyr flesshe lowse, and not fyrme, muste reade oftentymes lowde, and in a baase voyce, extendynde oute the wynde pype, and other passages of the breathe.

But notwithstandyng, this exercyse is not vsed alway, and of all persons. For they in whome is abundance of humours corrupted, or be moche diseased with crudite in the stomak and vaines, those doo I counsayle, to abstayne from the exercyse of the voyce, leste moche corrupteth iuyce or vapours, may therby be into all the body dystrybuted. And here I conclude to speake of exercyse, whiche of them, that desyre, to remayne longe in helth, is most diligently, & as I mought say, moste scrupulousely to be obserued.

THE THIRDE BOKE.

Of replecion. Cap. 1.

REPLECION IS A superfluous abundance of humours in the body: and that is in two maner of wyse, that is to say in quãtitie, & in qualitie. In quantitie, as where al the foure humours are moze in abũdaunce, that be equalle in pzopozcion to the body, that conteyneth theym, oz where one humour moche excedeth the remnaunt in quantitie. In qualytie, as where the bloudde oz other humour, is hotter, oz colder, thycker oz thynner, that is conuenient vnto the body. Fyrste where all the humours, beynge superfluously increased, fylleth and extendeth the receptozies of the body, as the stomake, the vaynes, and bowels, and is most pzoperly callid fulnesse, in greke Plethora, in latine Plenitudo. The other is where the body is infarced, eyther with choler, yelowe oz blacke, oz with fleume, oz with watry humours, and is pzoperly callyd in greke, Cacochymia, in latin Malicious succus, in englysh it may be callid corrupt iuyce. I wyl not here write, the subtyl and abundant definitions and descriptions of Galen in his bokes de Plenitudine, and in his commentaries vppon the aphos

aphoristmes of hipocrates. For it shall here suffyse, to shewe the operations of replecion good or yll, rymyttynge them, whiche be curious, and desyre a more ample declaration, to the most excellent warkes of Galene, where he may be satisfied, yf he be not determyned to repougne agaynst reason. Hipocrates sayethe, where meate is receyued moche aboue nature, that makethe sycknesse. Galene declarynge that place sayth, More meate than accordeth with natures measure, is named replecion. And afterwarde he expoundeth that worde aboue nature, to signifie to moch and superfluously as who sayth, where the meate is superfluously taken, it maketh sikenesse. For meate but a lytell excedynge temperance, may not forthwith make sycknesse, but maye yet kepe the bodye within the latitude or boundes of helthe, for the meat that shall make sycknes, must not a lyttell excede the exquisite measure. The incommoditie, whiche happeth therby is, that moystnesse is to moche extended, and naturall heate is debilitate. Also naturalls heate resolueth somewhat of the superfluouse meate and drynke. And of that, whiche is resolued of meate vndigested, procedeth fumolytie grosse and vndygested, whiche ascendynge vp into the heed, and touchynge the ryme, wherin the brayne is wrapped, causeth heed ache, trembling of the membres, duskyshnes of the syght, and many other sycknesses: also by the sharpnes therof, it pyrketh and annoyeth the synewes, whiche make sensibilitie, the rootes of whome, ar in the brayn, and from thense passeth through all the body. Fynally, the sayd fumolitie, ingen-

Li. 2. aph.

Aphc. 15. Vbi cibus præter naturá plus ingestus est hic morbū facit. Galen. in cōmē. lo- prædicto.

dred

dred of repletion, percynge the innermoſt parte of the layd ſynewes, callyd ſenſible, it greuouſly annoyeth the power animall, there conſyſtynge, by the occaſion wherof, vnderſtandynge and reſon, as to the vſe of theym, are let and troubled. And alſo the tongue, whiche is reaſons expoſytour, is depryued of his office, as it appereth in them, which are drunke, and them, whiche haue greuous paynes in their heed, procedyng of repletion. Sygnes of repletion be theſe, leſſe of appetyte, delite in nothynge, ſlouthfulneſſe, dulneſſe of the wytte, and ſences, more ſleape, than was accuſtomed to be, crampes in the body, ſterynge or ſaltion of the membres, fulneſſe of the vaynes, and thyckenes of the pulſis, horrour or ſhrouelynge of the body myxte with heate. The remedyes are abſtynence, and all euacuations, whereof I wylle make mencyon in the nexte Chappter.

Oribaſius Euporiſtō lib. 1.

☞ Of euacuacion. Cap. 2.

The meates and drynkes receyued into the bodye, if the ſtomake and lyuer do their naturall office, be altered by concoction and digeſtion, in ſuch wyſe that the beſte parte therof goth to the nouryſhment of the body: the warſte, beinge ſeparate by the membres officiall, from the reſidue, are made excrementes in ſondry fourmes, and ſubſtaunces, whiche are lyke in qualitie to the naturall humour, whiche than raygneth moſte in the bodye. Theſe excrementes be none other, but matter ſuperfluous, and vnclauery, whiche by naturall powers may not

Excrementes.

not be conuerted into flesshe, but remaynynge in the body corrupt the membres, and therfore nature abhorrynge theym, desyreth to haue theym expelleth. These excrementes be thre in number, ordure, vrine, humour superfluouse. More ouer there be two sortes of ordure, that is to say, one digested, whiche passeth by siege, the other vndygested, whiche is expelled by vomyte. where I saye dygested, I meane, that it is passed the stomake, and tourned into an nother fygure. Lyke wyse I calle that vndigested, whiche styll retayneth the fygure of meate. Urine is the watrye substaunce of the bloudde, lyke as whaye is of mylke, whiche out of the meate that is altered and concocte or boyled in the stomacke, is strayned in the vaynes called Mesaraice, which procedeth from the holowe parte of the lyuer, and sente by the raynes into the bladder, passethe by the Instrumente, the whiche is ordeyned as welle to that purpose, as for Generation.

Ordure.

Dygestyd.

Urine

Humour superfluous.

Humour superfluouse is in thre sortes, eyther myxte with any of the foure humours, called naturall, or els it is gathered into the brayne, or it is betwene the skynne and the flesshe, or lyeth amonge the synewes, Muscules or ioyntes. Of humours some are more grosse and colde, some are subtyll and hotte, and are called vapours. Now for to expelle the sayd excrementes, are.ix. sondry kyndes of euacuation, that is to saye, abstynence, vomyte, purgation by siege, lettynge of bloudde, scarifienge callyd cuppynge, sweating, prouocation of vrine, spyttynge, bledyng at the nose, or by hemorrodes: And in women, their naturall purgations. Of these euacuations I wyll

briefly

briefely declare, with the cõmodities, whiche by the discrete vse of theym do happen vnto the bodye.

Of abstinence. Cap. 3.

ABstinence is a forbearynge to receyue any meate or drynke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed onely after replecion, as the proper remedye therfore. And than if it be moderate, it consumeth superfluities, and in consumynge them, it clarifieth the humoures, maketh the body fayre coloured, and not onely kepeth out syckenesse, but also where syckenesse is entred, nothynge more helpeth, yf it be vsed in season. To them, whiche haue verye moyste bodyes, hunger is ryghte expediente, for it maketh theym more drye, not withstandynge there ought to be consyderattons, in the meate before eaten, in the age of the persone, in the tyme of the yere, and in custome. Fyrste in the meate before eaten, yf it be moche in excesse or very grosse, or not moche excedynge, or lyghte of digestyon, and accordynge therto, wolde abstynence more or lasse be proporcioned. Concernyng age, Hipocrates saythe, olde men may sustayne fastynge easilye: nexte vnto them, men of myddell age, yonge men maye wars beare it, chylderne warst of all, specially they that be lustye, not withandynge, here Galene correcteth Hipocrates sayenge, that he shuld haue excepted men very olde, who, as experience declareth, muste eate often and lyttell. As touchynge tyme, it must be remembred, that in wynter and sprynge tyme

Cel. lib. 2. Hipocrat. apho. li. 7.

Considerations in abstinence.

Apho. li. 1.

Galen. in cõment.

tyme, the stomakes be naturally verye hotte, and cleape is longe, and therfore in that tyme meates wolde be more abundaunt, & all though moch be eaten, it wyll be sooner digested. wherfore abstinence wolde not be than so moche as in sommer, all be it to absteyne moche in sommer, excepte it be after repletion, Damascene sayth, it dryeth the body, it maketh the colour salowe, it ingendreth melancoly, and hurteth the syghte. More ouer, custome maye not be forgotten, for they, whiche are vsed from chyldhode, to eate sondry meales in the daye, wolde rather be reduced to fewer meales, and lyttelle meate, than to be compelled to abstaynevtterly, to the intent, that nature, whiche is made by custome, be not rebuked, and the power digestyue therby debilitate. And note well, that by to moche abstinence, the moysture of the body is withdrawē and consequentely the body dryeth, and waxeth leane: naturall heate, by withdrawynge of moisture, is to moche incended, and not findyng humour to warke in, tourneth his vyolence to the radicall or substanciall moysture of the bodye. and exhaustyng that humour, bryngeth the body into a consumption. wherfore Hypocrates saith, that to scarse and exquisite an order in meate and drynke, is for the more parte more daungerouse than that, which is more abundant. Contrarywyse moderation in abstinence, accordyng to the sayde consyderatyons, is to helthe a sure bulwarke.

Damascenus apho.

Apho. ii.

Of

Of Vomite. Cap. 4.

The meate or drynke superfluous, or corrupted in the stomake, is best expelled by vomyte, if it be not very greuous to him whiche is diseased. Also the moderate vse of it, pourgeth fleume, lighteth the heed, causeth that the excesse of meates or drynkes, shall not anoy or bringe syckenesse. Moreouer it amendeth the affectis of the raynes, bladder, and the fundement. It also helpeth agaynst lepries, cankers, goutes, dropsies, and also diuers sicknesses procedyng of the stomake. For yf any greefe happeth of the heade, vomyte is than vncommodyous. It is better in winter, than in sommer. Also good for them, whiche are replete, or very choleryke, yf they haue not well dygested. but it is yll for theym, that be leane, or haue weake stomakes. And therfore where one feleth bytter vapours rysynge out of his stomacke, with griefe and weyghtyneſſe, in the ouer partes of his body, lette hym runne forthwith to this remedye. It is also good for him that is hart burned, and harh moche spyttell, or his stomacke wambleth, and for hym that remeueth into sondrye places. Yet I counsaye sayth Celsus, hym that wyll be in helthe, and wold not be to soone aged, that he vse not this dayly. And I my selfe haue knowen men, whiche dayly vsynge it haue brought thereby theyr stomakes into such custome, that what so euer they dyd eete, they coulde not longe reteyne it, wherby they shorten theyr lyues. wherfore it wolde not be vsed, but onely where great surfet, or abundaunce of fleume do requyre it.

Actius. li. 1

Cels. lib. 1.

The that

He that wyll vomyte after meate, lette hym drynke sondry drynkes myxte togyther, and last of all, warme water: or yf that be to ealy, lette hym myxt therwith salte or hony. If he wyl vomyte lastynge, lette hym drinke water and hony sodden togyther, or ysope with it, or eate of a radysche roote, and drynke warme water vppon it. also water wherin radysche is boyled, and afterward prouoke hym selfe to it, Them that wil haue more vyolent pourgations, I remytte to phisitions lerned. But yet I do eftsones warne them, that therin they be circumspecte, and doo not moch vse it. More ouer in vomites, the matter brought forthe, wolde be consydered, accordynge to the rules of Hipocrates, in his seconde boke of pronostications, that is to saye, yf it be myxt with fleume & choler, it is most profitable if it be not in very great quantitie, nor thycke, the lasse myxture it hath, the warse is it. If it be grene, lyke to leeke blaades, thynne or blacke, it is to be iudged ylle. If it haue all coloures, it is extreme perylous. If it be leady coloured, and sauoureth horribly, it signifieth a short abolicion, or dissolution of nature. For as Galene affirmeth there in his comment, suche maner of vomite declareth corruption with extinctinge of nature. Also euery putrifyed and stynckynge sauour in vomyte is yll. These thynges be ryghte necessary, to be loked for, where one dothe vomyte without any difficultie: but to inforce one to vomite, whiche can not, is very odious, and to be abhorred.

Hipocrat. præsag. 2. cap. 7.

Galen. de locis affectis. lib. 1.

wels, griefe in the raynes of the backe or huckle bone, ventolities in the bealy, inflamation or exulceration in the guttes or bladder. It is a conuenient and sure medicine, and leste hurte dothe ensue of it. The makynge and ordrynge therof, I wyl omytte to wrȳte in this place, partly that I wolde not, that phisitions shuld to moch note in me presumption, partely that another place may be more apte to that purpose.

The particular commodities of euery purgacion. Cap. 6.

In potions, electuaries, and pylles oughte to be moche more observation, than in clysters or suppositories, forasmoch as these do enter no further than into the gutte, where the ordure lyeth, and by that place onely, bringeth forth the matter, whiche causeth disease. But the other entrynge in that way, that meates and drynkes do, cometh into the stomacke, and there is boyled, and sente into the places of digestyon, and afterwarde is myxte with the iuyce, wherof the substance of the body is made, and expellynge the aduersarye humours, sommewhat thereof doubteleste remayneth in the bodye. Wherfore menne haue nede to beware, what medicynes they receyue, that in them be noo venenosytie, malyce or corruption, lest for the expellynge of a superfluous humor, which perchance good diet, or some brothes made of good herbes, or the said euacuation, with suppositorie or clister, mought brynge forthe at leysure. by desyrynge of to hastye remedye, they receyue in medicine that whi-

che shal ingender a venemous humour, and vn-
cuitable destruction vnto all the body. And ther-
fore happye is he, whiche in syckenesse fyndeth
a discrete and welle lerned phisition, and soo
trewe a potycarye, that hath alwaye drowges
vncorrupted, and whome the physition maye
surely truste, to dispence his thinges trewely.
But nowe to retourne to the sayde fourme of
pourgation, I wylle nowe sette forthe some
counsayles, concernynge that mattier, whiche
I haue collected out of the chiefe authours of
physycke. Bodies hotte and moyste, maye easy-
ly susteyne pourgation by the stoole. They whi-
che be leane or thynne, hauynge the members
tender, may take harme by purgations. To men
that are cholerike, and theym that eate lyttelle,
pourgations are greuouse. In yonge chylderne
and olde menne, it is daungerouse to lowse mo-
che the bealye. To theym that are not wonte to
it, pourgation is noysfulle. He that lyueth in a
good order of diete needeth neyther pourgati-
on nor vomyte. After that the pourgation hathe
wrought, thyrstnes and sounde slepe be sygnes
that the body is sufficiently pourged. By day-
ly takynge of medicynes, nature is corrupted.
whan ye wyll purge any thynge make fyrste the
matter flowynge & soluble. Medicyne to pourge
oughe not to be myngled with meate, but to be
taken foure houres at the leste before meales, or
thre houres after meales, excepte certayne easy
pylles made to clense and comforte the stomake,
whiche wolde be taken at the begynnynge of
supper, or after supper a lyttell before that one
goeth to bed, makynge a lyghte supper or none.

Hipocras aphor.

After purgation taken, the pacyent shulde reste, & not walke, vntyll the medicyne hath wrought, nor eate or dryncke in the meane space. These thynges haue I remembred, bycause I haue knowen eyght good phisitions, to haue forgotten, to instructe therof their pacientes. Now wyll I sette forthe the table of suche thynges, whiche of theyr propertie do digest or pourge superfluous humours particularly, whiche I haue gathered out of the bookes of Dioscorides, Galene, Paulus Egineta, Oribasius, and Aetius, and other late wryters, not withstandynge, I haue not writen all, for as moche as there be diuers thynges, whervnto we haue not yet founden any names in englysche.

¶ Digestiues of choler.

¶ Endyue.
Lettyse.
Cykorye.
Scabiose.
Maydenheare.
Malowes.
Mercury.
The iuyce of pomegarnades.
Pourselane.
Poppy.
Berberies.
Roses.
Violettes the leke and flowre.
Sorell.
Lyuerworte.
Sorell de boyse.
Whay clarifyed.
The great foure colde sedes, that is to say, of gourdes, cucumbers, melones, and citruls.
Psilium,
Vyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Purges of choler.

Wylde hoppes.

Wormewode
Centorie.
Fumytorie.
Whay of butter.
Violettes.
Mercury.
Fuyce of Roles
Prunes.
Eupatorye.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes at the leaste, and so to xxv. in the brothe of a henne or capon.
Rebarbarū by it selfe frome two drammes, vnto foure, infused or stiped in lycour, frome iiii. drāmes vnto. viii.

¶ Digestyues of fleume.

¶ Fenell,
Perlely, the rootes
Smallage.
Capers.
Lawrell.
Hynuy.
Puly.
Maioram.
Penyroyall.
Wylde parsnyp sede.
Wynt.
Pympernell.
Horsemynt.
Gladen.
Agrymonye.
Calamynt.
Nep.
Betayne.
Hauge.
Radysche.
Mugworte.
Junyper.
Hysope.
Pyony.
Baulme.
Honye.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumyne.

¶ Pourges of fleume.

¶ Centorie.
Nettyll.
Agrimonye.
Alder.
Polypodie of the oke.
Myrabolani kebuli, infused frome halfe an ounce to an ounce,

and two dr̃ammes. In substance, frome twoo dr̃ammes to halfe an ounce.
Agaricus, frō a dr̃ame to two dr̃ammes, infused from. ii. dr̃ames to fyue.
Yreos.
Maydenheare.
Sticados.

¶ Pourges of melancoly.

¶ The brothe of colewortes, lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white wine, or in the broth of a henne.
Lased saucery.
Erthimus.
Unwrought sylke.
Origanum.
Calamynt.
Borage.
Hartis tunge.
Quyckbeme.
Maydenheare.
Mythwynde.
Pulyall mountayne.
Hony.
Sugar.

¶ Melancoly for the thynnesse and subtylnesse of the humour, nedeth no digestiue.

¶ They whiche wyll take sharper purgations, or compounde with dyuers thynges, lette theym take the counsayle of an honest and perfyte phisytion, and not aduenture to myxte thynges togyther, without knowynge the temperaunce of them in degrees, and that he canne proporcion theym to the bodye, that shall receyue theym in symples, as they be wrytten. And so he maye vse theym without peryll, agaynste the humours, wherunto they serue.

Lettyus

Of Lettynge of bloudde. Cap. 6.

The parte of Euacuation by lettynge of bloudde, is incisyon or cuttynge of the vayne, wherby the bloud, whiche is cause of sycheneſſe or griefe to the hole bodye, or any partycular parte therof, doth moſte aptly paſſe. The commodities wherof, beyng in a moderate quantitie, and in a due tyme taken, be theſe that folowe, it clarifieth the wyt, and maketh good memorye, it clenſeth the bladder, it dryeth the brayne, it warmeth the marowe, beynge in the bones, it openeth the hearyng, it ſtoppeth teares or droppynges of the eyen, it taketh awaye lothſomneſſe, and confirmeth the ſtomake, it nouriſheth that, whiche is proper to nature, and the contrarye expelleth. It is thought, that therby lyfe is prolonged, and the matter makyng ſickneſſe ſhortely conſumed. Wherfore lettynge of bloudde is not onely expedient for theym, which are fulle of bloudde, or haue aboundaunce of ſtrengthe, but alſo for theym, in whome, without plenitude, callyd fulneſſe, inflammations begynne to be in theyr bodyes, or by ſome outeward ſtrooke, the bloudde beynge gathered within, by collection therof, doo feele griefe or diſeaſe. Alſo where there is moche peyne felte, or debylitie of ſome member, wherof is ſuppoſed to be ingendred ſome greuous diſeaſe. Moreouer they, whiche vſe exceſſe of meates and drynkes, may be cured by lettynge of bloudde. But thoſe, whiche be temperate, keppynge good diete, be holpen without lettynge of blode: as by fricaſies, vſynge of bathes, exercile, walkynge,

Arnoldus de villanoua.

Oribaſius in medicine compẽdio.

and rydynge moderately. Also vnctions with oyles and oyntementes, called Diaphoretice, whiche by euaporation, do shortly euacuate the fulnesse. All be it, yf the fulnesse be of melancoly bloudde, than alway nedes muste be lettynge of bloudde. Abundaunce of melancoly bloudde is knowen by these sygnes. There is felte in the entrayles, or within the boulke of a man or woman, a weyghtynes with tension or thrustynge outwarde. and all that parte, whiche is aboue the nauel, is more heuy, than it was wont to be. Also moche vrine and fatty, the residence or bottome, thycke, troublous, and fatte, sommetyme blacke pouches or boyles, with inflamation and moche peyne. These muste be shortly let bloude, and the melancoly humour also purged by siege They, whyche haue crude or rawe humoures, muste be warely lette bloudde, before that sycknesse ingender, but hauyng the feuer, in no wise.

Aetius. li. 3 Concernynge lettynge of blonde, these thynges folowynge, wolde be had in continuall remembrance, and be afore thought on. In abundance of the bloudde, the qualitie and quantitie, the greatnesse of the sycknes, and yf it be present, or loked for. also the diet precedyng, the age and strength of the person, the naturall fourme of his body, the tyme of the yere, the region or countrey, the present state of the ayre, the disuse of accustomed exercyse, the ceassynge of euacuations vsed before. In qualitie consyder, of what humour the fulnes procedeth. In quantitie the abundance of that, whiche is to be pourged. In sycknesse, if it be dangerous or tollerable: if the sycknesse be present, it requyreth the more dilygences

gence: if it be loked for, it may be the better pro-
portioned. In diete, the custome in eatynge and
drinkyng, must be specially noted. In yonge men
and women, lettynge of bloudde wolde be more
lyberall. In olde menne and yonge chylderne, it
wolde be scarser: stronge men maye sustayne ble-
dynge, they whiche are feble, may not endure it:
Large bodies haue greatter vesselles, than they,
which be litle. leane mē haue more blod, corpo-
rat men haue more flesshe. The time of the yere must
be specially marked. For in the begynnynge of
spryinge tyme, it is beste lettynge of bloudde, as
Oribasius saythe, and so dothe contynue, after
the opinion of Arnolde, vnto the eyght calendes
of June. Aetius affirmeth, that in wynter, or in
a colde countrey, or where the person is of a ve-
ry colde nature, the vaynes shuld not be opened.
And Damascene sayth, They whiche in youthe
haue vse to be moche lette bloudde, after they
be thre score yeres old, their nature waxeth cold,
and naturall heate is in them suffocate, specially
if they were of a colde complexion. but that is
to be vnderstande, where they that are in helth,
are often let bloude. For in the lapse from helth,
and in dyuers diseases, wherein the bloudde is
corrupted, or where it ingendreth impostumes,
or resorteth to any place, where it ought not to
be, or passeth by any other cundyte, than nature
hath ordeyned, or where it is furyouse or infla-
med, or by any other meanes bredethe grenouse
diseases, in all these cases it ought to be practy-
sed, ye sometyme in aged persones, women with
childe, and yong infantes. For in extreme neces-
sitie, it were better experience some remedy, than

Cor. Cel-
sus. lib. 2.

Oriba. su-
Arnold. de
uilla noua
de flobo-
thomia.
Io. Dama-
scenus in
arte medi.

to do

to do nothynge. All other thynges concernynge this matter, pertayne to the part curatyue, whiche treateth of healynge of syckneſſe, wherof I wyll not nowe ſpeake, but remytte the reders to the counſayle of diſcrete phiſitions.

Of ſcarifienge called boxinge or cup pynge. Cap. 7.

Galenus

Galenius. li. 3

For as moche as it is not conuenient, to be lette bloude often tymes in the yere, bicauſe moch of the vital ſpirite paſſeth forth with the bloudde, whiche beynge exhauſte, the bodye waxeth colde, and naturall operations become the more feble, I therfore do counſayle (ſayth Galene) that the baſe partes of the body, as the legges, be ſcarified, whiche is the moſte ſure remedy, as well in conceruynge helthe as in repairynge therof, beynge decayed. For it cureth the eyen beynge anoyed with longe diſtillations. It profyteth alſo to the heed, and ouer parte of the body, agaynſt ſondry diſeaſes. In what member the bloudde is gathered, the body beynge fyrſte purged by ſcarification, the greſe may be cured.

Oribaſius in medicinas cõpen.

Alſo Oribaſius affirmeth the ſame, and alſo addeth therto, that it helpeth ſquynances, or quinces in the throte, and diſſolueth the conſtipations or ſtoppynges made of all places, if the places be ſcarified: not withſtandynge application of boxes about the ſtomake, in hot feuers, where reaſon is troubled, are to be eſchued, for feare of ſuffocatiõ. Likewiſe put to the heed vndiſcretely, it hurteth bothe the heed & the eies. The late authors do affirme, that ſcarifieng is in the ſtede

Actius.

of

of lettynge bloudde, where for age, debilitie, or tyme of the yere, or other lyke consyderation, a man maye not susteyne bloudde lettinge, and it bryngeth forth the thynne bloud, whiche is next to the skyn.

☞ Of bloude suckers or leaches. Cap. 8.

There is also an other fourme of euacuation by wormes, founde in waters callyd bloude suckers or leaches, whiche beinge put vnto the body or membre, to draw out blode. And their drawynge is more conuenient for fulnesse of bloudde than scarifyenge is, forasmoche as they fetche bloud more deper, and is more of the substance of bloud, yet the opinion of some men is, that they do drawe no bloude but that, which is corrupted, and not proporcionable vnto our body. And therfore in griefes, which happen betwene the skynne and the flesshe of blode corrupted, these are more conuenient than scarifienge. But before that they be putte vnto any parte of the body, they muste be fyrste kepte all one day before, gyuyng vnto them a lyttel blode in freshe flesshe. And than putte theym in cleane water, somwhat warme, and with a spounge wype awaye the slyme, whiche is about theym, and than laye a lyttell bloudde on the place greued, and putte theym thanne to it, and laye on theym a spounge, than whan they be fulle, they may falle away. or yf ye wyll sooner haue them of, put a horse heare betweene theyr mouthes, and the place, and drawe them awaye, or putte to theyr mouthes salte or asshes, or vyneger, and forth-

Oribasius in medicinæ cõpen.

heate them, and disturbeth reason, where the bodyes be hote afore, where natural heate is feble, the heate may not be dispersed vnto the extreme partes, and than dothe the extreme membres, that is to saye, whiche are farre from the harte, remayne colde and tremblynge. Of this affection commeth sometyme feuers, sometyme apoplexies, or priuation of sencis, tremblynge, palseys, madnesse, fransies, deformitie of vysage: and that warse is, outragious swearynge, blasphemye, desyre of vengeance, losse of charitie, amitie, credence, also forgetfulnesse of benefytte precedynge, and of obedience, duytie, and reuerence. There also do succede contencion, chargeable suite, vnquietnes of mynde, lacke of appetite, lacke of slepe, feble digestion, scorne, dysdayne, and hatred of other, with peryll of losynge of all good reputation. These incōmodities of Ire, perfitely had in remembraunce, and at the fyrst motion therof one of them thoughte on, may happen to brynge in his felowes, and therby the flame may be quenched. or lette hym that is angry, euen at the fyrste consyder one of these thynges, that lyke as he is a man, so is also the other, with whome he is angry, and therfore it is as lefulle for the other to be angrye, as vnto hym, and if he so be, than shall that anger be to him displesant, and stere him more to be angry. wherby it appereth, that Ire is to him lothsome. If the other be pacient, than let hym abhorre that thyng in him selfe, the lacke wherof, in the other contenteth hym, and asswageth his malice. More ouer, let hym before, that occasion of Ire dothe happen, accustome hym selfe to

beholde

beholde, and marke well theym that be angry, with the successe of that anger, and ruminate it in his mynde, a good space after. And in that tyme, let hym remember, howe Christ, the sonne of god and God, who (as he hym selfe sayde) mought haue had of god his father, yf he wolde haue asked theym, legions of aungels, to haue defended him, ye with lasse thā a winke mought haue slayne all his aduersaries, yet he not withstandyng, rebuked, scorned, falsely accused, plucked hyther and thyder, stryped, bounden with halters, whipped, spytte on, buffettes, crowned with sharpe thorne, laded with a heuye piece of tymber, his owne proper tourmente, halyd, and dryuen forthe lyke a calfe to the slaughter hous, eftesoones beaten and ouerthrowen, retched, forthewith ropes, armes and legges layde on the Crosse, and therevnto with longe yron nayles throughe the handes and feete nayled, with manye strookes of hammers, with many pryckynges, or euer the nayles moughte perce by his tender and most blessed fleshe and synewes, quyte throughe the harde tymber, vppe to the heedes of the nayles, and all this beynge done for the offence of mankynde, and not his: yet with the men, which dyd it, his moste vnkynde countreymen, his most vnnaturall kynnesmenne whome he fyrste made of nothynge, preserued by myracles, delyuered from perylles, and cured of dyseases, in all his vexation and trouble, he was neuer seene or perceyued angry. If one wyl say, that anger is naturall, let hym also consyder that in Chrystes manhode, were all naturalle powers. If he wyll saye, that Ire is token of

Christ

his Passion

courage, and in Chryste it lacked not, whome bothe angels and deuyls trembled and feared. The premysses often reuolued, and borne in the mynde, I wyll not say, shall vtterly extincte all motions of wrathe, which is not possyble, but it shall, whan it kyndleth lightly, represse it, and let that it shall not growe into flame. And in speakynge here of wrath, I do not meane that, whiche good men haue agaynste vyces: or wyse and discrete gouernours and maysters, agaynste the defautes or negligences of theyr subiectes or seruauntes, vsed in rebukyng them, or moderately punyshyng them. For that is not properly yre, but rather to be callyd displeasure, and is that wherof god speaketh, by his prophete Dauyd sayeng. Be you angry & do not sinne. And that maner of anger, hath ben in dyuers holy menne, prophetes, and other. And it appered in Chryste whan he drawe out them, which made their market in the holy tẽple of god, where there ought to be nothyng but prayer. And in lyke wise whã he rebuked the hypocrites. But yf none of these thynges may come so shortly to his remẽbrauñce, that is mcued with anger, at the lest lette hym thynke on the lesson, that Apollodorus the philosopher taught to the Emperoure Octauian, that before he speake or do any thynge in anger he wrecite in order, al the letters of the A, B, C, & remoue somwhat out of the place, that he is in, and seke occasyon to be otherwyse occupied. This shal for this tyme suffyse, for the remedies of Yre. And he that wyl know more of this matter, let hym reade in my warke, called the Gouernour, where I therof do write more abũdantly.

Psal. 4.
Genes. 31.
Exod. 32.
Leuit. 10
Marc. 11.

Of

Of dolour or heuinesse of mynde. Capitulo. 12.

THere is no thynge more ennemy to lyfe, then sorowe, callyd also heuenesse, for it exhausteth bothe naturall heate and moysture of the body, and dothe extenuate or make the body leane, dulleth the wit, and darkneth the spirites, letteth the vse and iugement of reason, and oppressed memorie. And Salomon saythe, that sorowe dryeth vp the bones. And also lyke as the mothe in the garmente, and the wourme in the tree, soo dothe heuynesse annoye the harte of a man. Also in the boke called Ecclesiasticus, Sorowe hathe kylled manye, and in it selfe is founde no commoditie. Also by heuynesse dethe is hastened, it hydeth vertue or strengthe, and heuynesse of harte boweth downe the necke. Pro. 17. 25. Ecclesiastic. 25. 33.

This is so puissaunt an ennemye to nature and bodyly helthe, that to resyste the malyce and violence therof, are requyred remedies, as well of the holsome counsayles founde in holy scripture & in the bokes of morall doctrine. As also of certayne herbes, fruytes, and spyces, hauynge the propertye to expelle melancalyke humours, and to comforte and kepe lyuely the spirites, whiche haue theyr proper habitation in the hart of mā, and moderate nourysshyng of the naturall heate and humour, callyd radical, which is the base or foundation, whervppon the lyfe of manne standeth, and that faylyng, lyfe falleth in ruyne, and the body is dissolued. Nowe fyrste I wylle declare some remedyes agaynste sorowfulnesse of harte, concernynge necessary counsayle.

Sometyme this affecte hapneth of Ingratitude, eyther wherfore benefyte, or specialle loue employed, one receyueth damage, or is abandoned in his necessite, or is deceiued of hym, whom he trusted, or fyndeth hym, of whome he hathe great expectation, forgetfull or negligent in his commoditie, or perceyueth the persone, whome of longe tyme he hath loued, to be estraunged from hym, or to haue one of later acquayntance in more estimation. This affection nyppeth the harte, ye of moste wyse men, for they loue moste hartily, not prouoked by carnalle affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of long tyme mutually experienced. And it is not onely vnto man greuous, but also vnto god most displeasant and odiouse, as it is aboundantly declared in scripture. wherfore the persone, which feleth hym selfe touched with this affecte, before that it growe into a passion, and waxeth a sycknesse, lette hym calle to remembraunce these artycles folowynge, or at the leste wayes somme of theym, For euerych of theym maye ease hym, thoughe perchance they can not forthwith perfitely cure hym.

Counsailes agaynst ingratitude.

¶ Consyder, that the corruption of mans nature is not so moche declared in any thynge, as in Ingratytude, whereby a man is made warse, than dyuers brute beastes. The lyttell ante or emote helpeth vp his felowe, whome he seeth ouerthrowen with burdeyn, or by other occasyon. Also whan olyphantes do passe ouer any greate water, the greattest and moste puissant of them deuyde them selues, and settynge the weakest in

Appianus in uaria historia.

the myddell, parte go before, tryeng the depnesse and perylles, parte come after, succourynge the weakest or leaste, with theyr longe noses, whan they see them in daũger. The same beastes haue ben seene not onely brynge men out of desertes, whiche haue loste theyr wayes, but also reuenge the dyspleasures doone to them, the which gaue them meate, as one that slewe hym, whych had commytted aduoutrye with his maysters wyfe. The terrible Lyons and Panthers, haue bene sene in theyr maner, to render thankes to theyr benefactours, ye and to obiecte their owne bodies and lyues for theyr defence. The same we maye dayely beholde in oure owne dogges.

Than in whom thou fyndest the detestable vice of Ingratytude, reputynge hym amonge the warste sorte of creatures, thynke not that thou haste loste a frende, but thynke that thou arte delyuered frome a monster of nature, that deuoured thy loue, and that thou arte nowe at lybertye, and haste wonne experyence to chese the a better. But yf this maye not suffyse, than eftesoones consyder, that yf thou loke welle on thy selfe, perchaunce thou mayst fynde the faute wherof thou complayneste, within thyne owne bosomme. Calle to thy remembraunce, yf thou haste alwaye rendred vnto euery man condygne thankes or benefytte, of whome thou hast kyndenesse receyued, or yf thou hast alway remembred euery one of them, that haue done to the any cõmoditie or pleasure. Thou shalt well perceyue, that what thyng thou receyuedst in chyldehode, thou forgatteste, or dyddest lyttell esteeme, whan thou cameste to the state of a man, And, whan

Seneca de benefi. 7.

thou dyddest remember in youthe, in age, thou dydded lyttell thynke on: thy nouryces pappe, her rockynges, her watchynges, thou hast not alwaye remembred, or equally recompensed. Thy scoole maysters studye, his labour, his dilygence in a lyke degree, thou haste not requyted. what greatter frendes haste thou had, of whome thou couldest receyue any greatter benefites, than thy nourysshyng and preseruynge of thy lyfe, in thy moste feblenesse, or thyne erudicion, wherby thy nature was made more excellent. Remembrynge this leaue to be angry or sorowful, for so cõmon a vyce: yet yf it cesse not to greue the, comferre the ingratitude that doth vexe the, with that ingratitude, which was shewed by the Israelytes whome god chase for his owne people, deliuered from seruage, shewed for theym wonders, preserued them fourty yeres in desert, destroied for them kynges, gaue to them the countrey, which flowed mylke and hony, defended them agaynst all outwarde hostylitie, sent vnto them suche abundance of ryches, that syluer was in Hierusalem, as stones in the strete, had his tabernacle, and afterwarde his moste holye temple amonge them, whiche he dyd dayely vysite with his dyuyne maiestie, made theyr kynges to reigne gloriously, and spake with their prophetes familyarly, and corrected their errours moste gentelly: and yet for all this, they, imbracyng the paynyms ydolatrie, they lefte soo graceyous and louynge a lorde, and lyuynge god, and to his great despite, gaue diuine honours, to calfes of brasse, and other monstruouse ymages, and at the laste put to moste cruell deth, the onely sonne of god,

that

that hadde done so moche for them.

And yf we chrysten men, doo loke well on oure selues, reuoluynge the incomparable benefite, whiche we haue receyued by Chrystes passyon, and consyder the circumstance of his mooste excellent pacience, and moste feruent loue toward vs, with our forgetfulnes, and they dayly breche of our promyse, whiche we made at oure baptysme, conferryng our mutuall vnkyndnes thervnto, there shall appere no ingratitude, that shulde offende vs. Fynally for a conclusyon, beholde well aboute the, and thou shalte all daye fynde the chylderne ingrate to theyr parentes, and wyues to theyr husbandes. And wylte thou looke that thy benefyte, or vayne expectation, shuld make the more free from ingratitude of thy frende, whome chaunce hath sente the, than nature may the parentes towarde theyr chyldern, or the coniunction of bodyes by lefull maryage, take vnkyndnesse from the wyues toward their husbandes. This vyce therfore of Ingratitude, beinge so common a chaunce, make no worldlye frendeshyp so precioule, that lyfe or helthe therfore shulde be spent or consumed. I haue ben the lenger in this place, bycaule I haue had in this griefe sufficient experience.

Chrysta rum m titudo

filios m parente

¶ If death of chylderne be cause of thy heynesse, call to thy remembrance some chyldern (of whome there is no lyttell nomber) whose lyues eyther for vncorrigyble vyces, or infortunate chaunces, haue bene more greuouse vnto theyr parentes, thanne the deathe of thy chylderne ought to be vnto the consyderynge that death is the discharger of all greefes, and myseries.

Death of chyldren.

and to theym that dye well, the fyrste entrie into lyfe euerlastynge.

Losse of goodes.

¶ The losse of goodes or authoritie do greeue none but fooles, which do not marke dyligently, that lyke as neyther the one nor the other dothe alwaye happen to them that are worthye, so we haue in dayely experience, that they fall frome hym sodeynely, who in increasynge or keppynge them semeth moste busy.

Lacke of promotion.

¶ Oftentymes the repulse frome promotion is cause of discomforte. but than consyder, whyther in the opinion of good men, thou art demed worthy to haue suche aduancement, or in thyne owne expectatiō & fantasy. If good men so iuge the, thanke thou god of that felicitie, and laugh at the blyndnesse of theym, that soo haue refused the. If it procede of thyne owne folye, abhorre all arrogance, and inforce thy self to be aduanced in mennes estimation, before thou canst fynde thy selfe worthy in thy proper opinion.

Chaunces of fortune.

¶ All other chaunces of fortune esteme as noo thynge, and that longe before they doo happen. The ofte recordynge of mysery e, prepareth the mynde to fele lesse aduersitie. And the contempt of fortune is sure quietnesse and mooste perfyte felycitie.

¶ This nowe shall suffyse concernynge remedies of morall philosophie. Nowe wyll I write somewhat touchynge the counsayle of physyke, as in relieuynge the bodye, whiche eyther by the sayde occasyons, or by the humoure of melancolye is brought out of temper.

ounsayles physyke

¶ The fyrste counsayle is, that durynge the tyme of that passyon, eschewe to be angrye, stu-

dious,

dyoule, or solitarye, and reioyce the with melodye, or els be alwaye in suche company, as beste maye contente the.

Auoyde all thynges that be noyoule in syghte, smellynge and herynge, and imbrace all thynge that is delectable.

Flee darkenesse, moche watche, and bulynesse of mynde, moche companieng with women, the vse of thynges very hotte and drye: often purgations, immoderate exercyse, thyrst, moche abstinence, drye wyndes and colde.

Absteyn from dayly eatyng of moch old bieffe or old mutton, hard chese, hare flesh, boores flesh, venyson, saltefysche, coolewortes, beanes, and peason, very course breadde, greate fyshes of the see, as thurlepole, porpyse, and sturgeon, and other of lyke natures, wyne redde and thycke, meates beynge very salte or sowre, olde, burned, or fryed, garlyke, onyons, and lekes.

Use meates whiche are temperatelye hotte, and therwith somewhat moyste, boyled rather than rosted, lyght of dygestyon, and ingendryng bloudde clere and fyne. As mylke hotte from the vdder, or at the leste newe mylked, ruen chese, swete almondes, the yelkes of rere egges, lyttell byrdes of the bushes, chyckens, and hennes. wyne whyte or clarette, cleere and fragraunte. Swete sauours in wynter hot, in sommer colde, in the meane tyme temperate.

¶ Confortatiues of the hart hot.

¶ Bourage the floure or leake.

Bugloss.

Baulmynte.

Elycampane.

Cloues.

Cardamomum.

Rosemary.

Lignum aloes.
Muske.
Ambergryse.
Saffron.
The bone of the harte of a redde diere.
Myntes.
The rynde of Citron.
Been.
Cububes.
Basyle.

¶ Confortatyues of the harte colde.

Violettes.
Perles.
Coral.
The vnicornes horne.
Olde appulles whiche be good.
Roses.
Saunders.
The olyphantes tothe.
Water lylies.
Coriander prepared.

¶ Comfortatyues temperate.

Jacinct.
Saphire.
Emeraudes.
Myrabolanes, called kebuly.
Bugloss.
Golde, fyluer.

¶ Of Ioye.

IOye or gladnesse of harte doth prolonge the lyfe, it fatteth the bodye that is leane with troubles, bytynge the humours to an equall temperance, and drawynge naturall heate outwarde. But yf it be sodayne & feruent, it oftentymes sleeth, for as moche as it draweth to sodeynly and excessyuely naturall heate outward. And therfore dyuers men and women haue ben sene to falle in a sounde, whā they haue sodaynlye beholden the persons, whom they feruently loued. A a woman in Rome, herynge fyrste, that her sonne was slayne in battayle. After whan he came to her, she seynge hym alyue, imbracynge

Ti. Liuius.

ethe other, she dyed in his armes. This welle consydered, agaynst suche inordinate gladnesse, the best preseruatiue is to remember, that the extreme partes of mundayne ioye is sorow and heuynesse: And that nothynge of this worlde, maye so moche reioyce vs: but occasyon maye cause it to be displeasaunt vnto vs.

The dominion of sondry complexions. Cap. 13.

It semeth to me not inconuenient, that I do declare as well the counsayles of ancient & approued authors, as also myne owne opinion gathered by dilygent markynge in dayely experience, concernynge as well the necessarye diet of euery complexion, aege and declinatiō of helthe, as also the meane to resyste discrasies of the body, before syckenesse be therin confyrmed, leauynge the residue vnto the substancyall lernynge and circumspecte practyse of good physitions, whiche shall the more easilye cure theyr pacientes, yf theyr pacientes do not dysdayne to beare awaye and folow my counsayle. And first it ought to be consydered, that none of the foure complexions, haue sooly suche dominion in one man or womans body, that no parte of any other complexion is therwith myxte. For whan we call a man sanguine, cholerike, fleumatyke, or melancoly, we doo not meane, that he hathe bloude onely without any of the other humors, or choler withoute bloudde, or fleume withoute bloudde or melancolye, or melancolye withoute bloudde or coler. And therfore the man, whiche is san-

is sanguine, the more that he draweth into age, wherby naturall moysture decayed, the more is he coleryke, by reason, that heate, surmountynge moysture, nedes muste remayne heate and drythe. semblably, the colerycke man, the more that he waxeth into age, the more naturall heate in hym is abated, and drythe surmountynge naturall moysture, he becommeth melancolyke: but some sanguine man hathe in the proporcion of temperatures, a greatter myxture with choler, than an other hath. Lykewyse the cholerycke or fleumatyke man with the humour of sanguyne or melancolye. And therfore late practysers of physyke are wonte to call men, accordyng to the myxture of theyr complexions, as sanguyne colerike, fleumatike sanguine. &c. Moreouer, beside the naturalle complexions, whiche man receyueth in his generation, the humours, wherof the same complexions do consyste, beynge augmēted superfluously in the body or members by eny of the sayde thynges called not naturall, euery of them do semblably augment the complexion, whiche is proper vnto hym, and bryngeth vnequall temperature vnto the bodye. And for these causes, the sanguine or fleumatike man or woman, felynge and discrasye by choler hapned to them by the sayde thynges, callyd not naturall, they shall vse the diete described hereafter to hym, whiche is naturally coleryke. Semblably the coleryke or melancolyke manne or woman, haupnge any dyscreasye by fleume, to vse the diete of hym, whiche is naturallye fleumatyke, alwaye remembrynge, that sanguyne and fleumatyke men haue more respecte vnto dryth.

cole-

choleryke and melancalyke vnto moysture, and that alway as the accedentall complexion decayeth, to resorte by lyttell and lyttell to the dyete, pertaynynge to his naturall complexion.

☞ The tymes appropried to euery naturall humour. Cap. 14.

But fyrst it must be consydered, that where the foure humours, be alway in man, and in some man cõmonly one humour is more abundant than an other naturallye, that is to say, from his generation. The sayde humoures haue also peculyar tymes assygned to euery one of them, wherin eche of them is in his moste power and force, as after ensueth, after the description of Soranus. Soranus Ephesius

¶ Fleume hath most puissance in wynter, from the. viii. Idus of November, vnto the. viii. Idus of February, whereby are ingendred Catarres or reumes, the vuula, the cough, and the stytche. This humour is parte in the heed, parte in the stomacke. It hathe dominion frome the thyrde houre of nyght vntyll the nyneth houre of the same nyght.

¶ Bloudde increaseth in spryng tyme from the viii. Idus of Februarye, vnto the. viii. Idus of Maye, whereof are ingendred feuers, and sweete humours, whiche doo shortely putrifye, the power of this humour is aboute the harte, and hath dominion from the. ir. houre of nyght vntyll the. iii. houre of the morynynge.

¶ Redde choler hathe power in sommer frome the. viii. Idus of May, vntyll the. viii. Idus of

Ia

Auguste/wherby are ingendred hote and sharpe feuers/this humour is specially in the lyuer/and hath dominion from the thyrde houre of daye vntyll the.ix. houre of the same daye.

Yelow choler, wherof is ingendreth the fleume of the stomake/is nouryshed in Autumne, which begynneth the. viii. Idus of Auguste / and dureth vnto the.viii. Idus of Nouember/and maketh shakyng feuers and sharpe.the blacke choler than increaseth/and than foloweth thycknes of the blode in the vaynes. Blacke choler or melancoly moste rayneth in the splene/and it rayneth from the.ix.houre of daye vntyll the thyrde houre of nyght.

☞Peculyar remedyes agaynst the distemperance of euery humour.

Soranus in arte medendi.

If the distēperance be of bloud/ helpe it with thynges colde, sharpe, and drye: for bloude is moyste, hote & swete. If it be of redde choler gyue thynges cold/moyste/ and swete/for redde coler is bytter and fyry. If it be of blacke coler/ gyue thinges hot moyst & swete/for blacke coler is sharpe & cold. If the disease be of salt fleume gyue thinges swete hot and drie, thus sayth Soranus. Notwithstandynge where there is abūdance of colde fleume not myxt with coler/there thinges very sharpe and hotte be moste conuenient/as tarte vyneger with hotte rotes and sedes or wynes stronge and rough/hony being sodden in the one and the other/or where choler is myxt with fleume/syrope acetouse made with vineger and sugar boyled/somtyme with herbes/rootes

or

or seedes/which may dissoule fleume & digest it.

¶ Diete of them, whiche are of sanguine complexion. Cap. 15.

For almoche as in sanguine menne bloudde moste raygneth/whiche is soone corrupted, it shall be necessary for them whiche are of that complexion/ to be circumspecte in eatynge meate/that shortely wyll receyue putrifaction/ as the more parte of fruites/specyally not being perfitely rype. also meates that be of yl iuyce/as flesche of beastes to olde/ or to yonge / vdders of beastes/brayne excepte of capons and chykens marowe of the backebone/moche vse of onyons leekes/garlyke/moche vse of olde eygges/ moche vse of rawe herbes/and all thyng wherin is excesse of hete/colde/or moysture / meates that be stale/fysches of the fennes or muddy waters/and to moche slepe/as experyence sheweth.

¶ Diete of cholerike persons. Ca. 16.

To them which be cholerike/beyng in their naturalle temperature/ and hauynge not from theyr youth vsed the contrary/grosse meates moderately taken/ be more conuenient/than the meates that be fyne, and better shall they dygeste a piece of good bieke / than a chyckens legge. Choler of his propertye rather burnynge than well dygestynge meates of lyght substance/ not withstandynge some gentylmen whiche be nycely brought vp in theyr infancy/ may not so well susteyne that diet as poore men beyng the more parte vsed to grosse meates. wherfore theyr diet muste be in a temperance/as yonge bieke / olde veale / mutton / and venyson

powdred

powdred, yonge geese, and suche lyke, cõseruyng their complexion with meates lyke there vnto in qualitie and degree, accordynge to the counsayle of Hipocrates. And as he perceyueth choler to abounde, so to interlace meates, whiche be colde in a moderate quantitie, and to alay theyr wyne more or lasse with water, eschewynge hotte spices, hotte wynes, and excessyue labour, wherby the body maye be moche chauffed. Also he maye eate oftener in the day, than any other: forasmuche, that there be suche distance betwene his meales as the meate before eaten be fully dygested, whiche in some persone is more, in some lasse, accordynge to the heate and strength of his stomake, notynge alwaye, that the colerike persone digesteth more meate than his appetite desyreth, the melancolyke persone desyreth by false appetite more than his stomacke maye dygeste. And to a cholerike persone, it is eyght daungerous, to vse longe abstynence: for choler, fyndynge nothyng in the stomacke to concocte, it fareth than, as where a lyttell potage or myke, beynge in a vessell ouer a great fyre, it is burned to the vesselle, and vnsauery fumes and vapours do issue oute therof. Lykewyse in a cholerike stomake, by abstinence, these inconueniences doo happen, humours adust, consumynge of naturall moysture, fumosities and stynkynge vapours, ascendynge vp to the heed, wherof is ingendred, duskynge of the eyes, heed aches, hot and thynne reumes, after euerye lyttell surfette, and many other inconueniences. Wherfore beside the oppinion of beste lerned men, myne owne peynefull experyence, also moueth me, to exhorte them, whiche be

of this

of this complexion, to eschewe moche abstinēce. And although they be studyous, and vse lyttell exercyse, yet in the mornynge to eate somewhat in lyttell quantitie, and not to study immediatly, but fyrst to sytte a whyle, and after to stande or walke softely, whiche vsynge these two yeres, I and also other, that haue longe knowen me, haue perceyued in my bodye a great alteration, that is to say, frome ylle astate to better. Alway remember, that yf any other humour do aboūde in the cholerike persone, as fleume, or melancolye, than vntyll that humour be expelled, the diete must be correctiue of that humour, and therfore more hotte and fyne, than the natural dyete before rehersed: but yet there wolde be alwaye respecte hadde to the naturall complexion, some tyme sufferyng the person to eate or drinke that, whiche nature worketh, he feruently desyreth.

Diete of fleumatike persons
Capitulo. 17.

IT is to be remembred, that pure fleume is properly colde and moyste, and lacketh taste. Salte fleume is myxt with choler, and therfore hath not in hym so moch colde nor humiditie, as pure fleume hath: and therfore it requyreth a temperance in thynges hote & dryе, whether fleume is digested or expulsed. To fleumatike persons all meates are noyfull, whiche are very colde, vyscous or slymy, fatte or sone putrifyed, eatynge moche and often, specially meates ingendrynge fleume, whiche be remembred in the table premedynge. All thynges be good, whiche

are hote and dryc, also meates and drinkes whi-
che be lowze: onyons also, and garlyke, mode-
rately vsed, be very commendable, in pure fleme
not myxte with choler, moche vsyng of salt, spe-
cially dryed. Pepper grosse beaten, and eaten
with meate, oughte to be with all fleumatyche
persons familyar, also gynger is ryght conuen-
ent, but not to be so frequently vsed as pepper,
for as moche as the nature of pepper is, that be-
ynge eaten, it passeth through the body, heatyng
and comfortynge the stomake, not entrynge into
the vaynes, or anoyeng the lyuer, whiche vertue
is not in gynger. Gynger condite, the whiche we
do call grene gynger, specyallye candyd with su-
gar, yf it may be gotten, and also Mirabolanes,
called kebuli condyte in India, be most excellent
remedies agaynst fleume, also the herbes which
are remembred afore in the table of digestyues
of fleume, and the rootes of persely, fenel, pieos,
Elycampane, and carettes be very commenda-
ble. Exercyse twyse in a day, the stomache beyng
almoste empty, so that sweate begyn to appere,
is very expedient, clensynge of the body from all
fylthynes, with rubbynge and wyppynge, ofter-
tymes with washynge, specyally the heed and
partis there about, moderate sweatynge in hote
bathes or stufes be to this complexion necessarie
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The

¶ The dyuysion of melancoly, and the diete of persons melancolyke. Cap. 18.

MElancoly is of two sortes, the one is calyd naturall, whiche is onely colde and dry, the other is called adust or bourned. Naturall melancoly is (as Galene saith) the residence or dregges of the bloudde: & therefore is colder and thicker than the bloude. Melancoly adust is in foure kyndes, eyther it is of naturall melancolye adust, or of the more pure parte of the bloude adust, or of cholet adust, or of salte fleume adust. But of all other that melancoly is warst, whiche is ingendred of choler: fynally all adust melancolye annoyeth the wytte and iugement of man. for whan that humour is hette, it maketh men madde, and whan it is extincte, it maketh men fooles, forgetfulle, and dull. The naturall melancolye kepte in his temperance, profyteth moche to true iugemente of the wytte, but yet yf it be to thycke, it darkeneth the spirites, maketh one timorous, and the wytte dulle. If it be myxte with fleume, it mortifieth the bloudde with to moche colde, wherefore it may not be so lyttell, that the bloude and spirites in theyr feruentnesse, but as it were vnbridelyd, whereof do happen vnstablenesse of wytte and slypper remembraunce: nor yet so moche, that by the weight therof (for it is heuy, approchynge nygh to the erthe) that we seme to be alwaye in sleape, and nede a spurre to pryche vs forwarde. Wherefore it is ryghte expedient, to kepe that humour as thynne as nature wyll suffer it, and not to haue to moche of it.

Ex Marcilio ficino. de uita sana.

are hote and dryc, also meates and drinkes whiche be sowre: onyons also, and garlyke, moderately vsed, be very commendable, in pure fleme not myxte with choler, moche vsyng of salt, specially dryed. Pepper grosse beaten, and eaten with meate, oughte to be with all fleumatyche persons familyar, also gynger is ryght conuenient, but not to be so frequently vsed as pepper, for as moche as the nature of pepper is, that beynge eaten, it passeth through the body, heatyng and comfortynge the stomake, not entrynge into the vaynes, or anoyeng the lyuer, whiche vertue is not in gynger. Gynger condite, the whiche we do call grene gynger, specyallye candyd with sugar, yf it may be gotten, and also Mirabolanes, called kebuli condyte in India, be most excellent remedies agaynst fleume, also the herbes which are remembred afore in the table of digestyues of fleume, and the rootes of persely, fenel, yeos, Elycampane, and carettes be very commendable. Exercyse twyse in a day, the stomache beyng almoste empty, so that sweate begyn to appere, is very expedient, clensynge of the body from all fylthynes, with rubbynge and wyppynge, oftentymes with washynge, specyally the heed and partis there about, moderate sweatynge in hote bathes or stufes be to this complexion necessarie specially whan they haue eaten and dronken excessyuely. The heed and fete to be kepte frome colde, and to dwell hygh and farre from mores and marshes, is a rule ryghte necessary, also to abstayne from eatynge herbes and rootes not boyled, and generally from all meates, whiche wyll not be easyly dygested.

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Ex Marcilio ficino de uita sana.

But nowe to the diete perteynynge to theym, whome this humour annoyeth. The knowlege that melancoly reygneth, is oftentymes heuyneſſe of mynde, or feare without cauſe, ſlepineſſe in the membres, many crampes without repleccyon or emptyneſſe, ſodayne furye, ſodayne incontynencye of the tongue, moche ſolycytude of lyght thynges, with palyneſſe of the vyſage, and fearefull dreames of terryble viſyons, dreaming of darkeneſſe, depe pyttes, or death of frendes or acquayntaunce, & of all thynge that is black. The meates conuenient are they, which be temperatly in heate, but ſpecially they that be moyſt meates ſone dygeſted, and they rather boyled thanne roſted, temperately myxte with ſpyces, mylke hot from the vdder, or late mylked, is very conuenient for that complexion, ſwete almondes blaunched, and almond mylke, the yelkes of rere egges, and fynallye all thynges, whiche ingender pure bloudde, and all that is wryten in the chappter of age. All theſe be yll for theym, wyne thycke or troublous, ſpecyally red wyne, meates harde, dry, very ſalte, or ſoure, bourned meate, fryed meate, moche bieſe, hares fleſhe, beanes, roket, colewortes, muſtard, radyſche, garlyke, except there be moche wynde in the body, for than is it very holſome, onyons leekes, fynally all thynges whiche heateth to moche, keleth to moche, or dryeth to moche, alſo wrathe, feare, compaſſyon, ſorowe, moche ſtudye or care, moche ydelneſſe or reſte: all thynge that is greuous to ſee, to ſmelle or to heare, but moſt ſpecyally darkeneſſe. Moreouer moche dryenge of the body, eyther with longe watche, or with moche care

and

and tossynge of the myrde, or with moch lecherye, or moche eatynge and drynkyng of thynges that be hote and drye, or immoderate euacation, labour, abstinence, thyrst, goyng in the ayre vntemperately hotte, colde or drye, all these thynges do anoy them that be greued with any melancoly. It is to be dylygentely consydered, that where melancolye happeneth of choler adduste, there meates whiche be hotte in warkyng, wold be wysely tempred, and drynkynge of hotte wynes wolde be eschewed: semblable cautele wold be in sauours. Not withstandynge moderate vse of small wynes, clere and well verdured, is herein very commendable, the humour thereby beynge clarifyed, and the spyrytes clensed, but the abuse or excesse thereof dothe as moche damage. Also it is ryghte expedyente, to put into wyne or ale, a gadde of syluer or golde, glowing hotte oute of the fyre, to tempre hotte meates with roses, vyolettes, saunders, rose water, bourage, bugloss, baulme called in latyne Melyssa, or the water of all thre drunken with good wyne, whyte or clarette, or made in a Julep with sugar, is wonderfull holsome, chewyng of lyquyrse, or raysons of corraunce is ryght expedyent, but moost of all other thynges, myrthe, good compauye, gladnesse, moderate exercyse, with moderate feedynge. And thus I leaue to speake of dyetes, aptely belongyng to the foure complexions.

Galene and all other, do agree in this case, Pepper bruysed and eaten with meate, is very expedient: And where there is moch wynde in the stomake, than to eate all tymes of the daye of the medicyne made of the three kyndes of pepper, tyme, anyse sede, and honye clarified, whiche is callyd Diatrion piperion, or that whiche is callyd Diaspoliticō, or Diapiganon, which is made of cumyne stieped one day and a nyght, or lenger in tarte vyneger, and after fryed or layde on a bournyng hot stone, and made in powlder. Also pepper and rewe dried somwhat, and made into powder, all in equall porcyons, and myrte with claryfied hony. Galene addeth therto salt peter, called in latyn Nitrum. The confection made with the iuyce of quynces, and is callyd Diacytoniten, is very excellent. but it is to be dylygently noted, that where crudytie is in a choleryke persone, there wold the sayd medicynes be temperatly vsed, and the sayd Diacytonitē, to haue lyttell or no spices in it. And for my parte, beyng the space of foure yeres contynually in this crudytie, I neuer founde any thynge to be compared to fyne Reubarbe, chewed with raysons of corens, which I toke by the coūsayle of the worshypfull & well lerned physitiō, mayster doctour Augustyne, who in his maners declarethe the auncyent gentylnesse of his blode: which medycyne I do not leaue to vse dayly fastynge, whan I fele suche crudytie to begyn. Also syrope acetose, that is to say, sugar sodden in pure vyneger, and lyttell water, vntyl it be thycke as a syrope, is somtyme conuenient, and that as well to choleryke persones, as vnto fleumatyke, and yt

Galen. de menda sa. ib. 5.

fleume

fleume be abundant, than with rootes & ſeedes of fenell and perſely ſodden with it. Alſo in that caſe Oxymel, that is to ſay, honye & water ſodden togyther, with the ſayd rotes and ſedes, and a quantitie of vyneger put therto in the boyling is very commendable: yf the pacient be very coſtyue, than the medycyne of Galene, callyd Hiera picra, from halfe an ounce to an ounce, taken in water of honye or ale, or taken in pylles the weight of a grote and a halfe, or two grotes, yf the ſtuffe be good, wyll pourge the bodye ſuffycyently, without makyng the body weaker. Alſo that medycine by clenſyng the ſtomake & body, delyuereth a man and woman, from many perylous ſycknelles. If the humours in the ſtomacke be not putryfyed, but that it is greued with abundance of ſalte fleume, I haue founde that mylke newe mylked, wherin is put a quantitie of good honye or ſugar, and thre leaues of good ſpeare myntes, and a lyttell boyled, ſo beynge dronke warme faſtyng, the quantitie of a pynte, and reſtynge on it, without eatynge or drynkynge any other thynge the ſpace of three houres after, haue abundantly pourged and cõforted the ſtomak: but where there is no fleume but onely choler, it is not ſo holſome, but rather hurteth, makynge fumoſyties in the heed, wherof commeth heed ache.

Of laſsitude. Cap. 2.

LAſſitude is a diſpoſition toward ſyckneſs, wherin a man feleth a ſoorenelle, a ſwellynge, or an inflammation. Sorenelle happeth of humours ſharpe and gnawyng, as

after great exercise and labours which lassitude happeth to them, whose bodyes are fulle of ylle iuyce, & excrementes. Also after cruditie in them which ar not exercised, or do abyde longe in the heate of the sonne. It may also be in the bodye, wherin is good iuyce, yf he be fatigate with immoderate exercise. In them, whiche do feele this lassitude, the skyn appereth thycke and rough, & there is felte a griefe somtyme in the skyn onely, somtyme also in the flesshe, as it were of a sooze. The cure therof, is by moch and pleasaunt rubbynge, with sweete oyles, whiche haue not the vertue to restrayne or close, and that with many handes, and afterwarde to exercyse moderately, and to be bayned in water swete and temperate in heate. also thā must be gyuen meates of good iuyce, potage but seld, wyne is not to be forbodden: for vnto wyne, vneth any thyng may be cōpared, that so well dygesteth crude humours: It also prouoketh sweate & vrine, and maketh one to slepe sundly. But yf this lassitude do abyde the nyght and day folowyng, or waxeth more & more, than yf the pacyent be of good strengthe and ponge, and hath abundaūce of bloude, lette hym be lette bloude, or prouoke the hemoroides or piles to blede, yf they do appere. But yf it procede of the malyce of any humour, without abūdance of bloude, than resorte to purgations apte for the humour that greueth. The tokens wherof, shall appere as well by the colour of the skyn and diete precedyng, as by vrine, ordure, sweate, thyrste, and appetyte, as it is rehersed before in the complexions. If the yll bloudde be lyttell in quantitie, and the crude humours aboundant, than

Aetius. li. 3

Galen. de tuenda sa. lib. 5.

than shall he not be lette bloude, nor vehemently pourged, neyther, shal exercyse or moue hymselfe nor be bayned, for all exercyse caryeth humours throughout all the body, & stoppeth the powers. Wherfore these maner of persons shuld be kept in reste, and such meates drynkes and medicyns shuld be gyuen to them, which should attenuate or dissolue the grossenes of the humours, without notable heate, as orimell, barley water, and mulse, yf the pacyent abhorre not hony. And for as moch as in the sayd persons, comonly there is abundance of wynde about theyr stomakes, therfore pepper specially longe pepper or whyte is very conuenient to be vsed, and the medicine before wrytten, callyd Diaspoliticum. whan the humours are dissolued, than it is good to drinke whyte wyne, or small clarette wyne moderately.

Lassitude extensiue. Ca. 3.

When one thynketh, that he dothe feele a swellyng or bollynge of the body, where in dede there doth not appere in syght or touchynge any swellynge, that is callyd Lassitude extensiue, yf it hapneth without exercise or vehement mouyng. This doth happen of excessiue multitude of humours, which do extend the muscules or fyllettes. In this no sorenesse is felt but only an heuynes with extension or thrustyng out of the body. And bycause that there is abundance of bloude in the body, beste remedye is to be letten bloude about the elbowe or ancle, after to be pourged, than to vse softe frycasyes with oyles afore rehersed, afterward moche reste and temperate bathes, and meates lackynge sharpenes, and beynge abstersyue.

Lassitude

Lassytude with the feelynge of inflamation. Cap. 4.

IF without any mouynge, the muscles and flesh ryse vp in the body, as it swelled with great payues & excedynge heate, than sone after foloweth most hotest feuers, except it be preuented by lettynge of bloud, and that in abundance, and almoste to sownynge, but it were moze sure to be lette bloud twyse in one day, the fyrst tyme without sownynge, at the nexte tyme sownynge is not to be feared. If the greke be in the necke oz heed, the bloud muste be lette of the vayne called Cephalca, oz the shulder vayne. If it be in the bulke oz vppermost part of the body than must the vayne be cut, which is callyd Basilica, oz the innermost vayne. If all the body be greued thā cut the veyn, which is named Mediana, oz the myddel veyn. If a feuer remayne after bloud lettyng, than ozder hym, with the diete of them that haue feuers, whiche ye shall fynde wryten hereafter. If no feuer remayne, thanne vse moderate fricasies, and lyttell eatynge, and that of meates hauynge good iuce, increasynge by lyttell and lyttell to the naturall dyet. Aetius.

Dyete of them that are redy to fall into syckenesse. Cap. 5.

NOwe retourne eftesones to speake of diete, it is to be remembzed, that they, whiche are redy to fall into diseases, they are prepared therunto, eyther by replecyon of superfluous humours, oz els by cruditie oz malyce of humours, which are in them. As touchyng the fyrst, the generall dyete must be such,

as

as therby the humours maye be attenuate, and by conuenient euacuatiō, brought to a moderate quantitie. As for the seconde muste be corrected with meates and drynkes of contrary qualities, hauyng alway respecte to the age of the person, tyme of the yere, place of habitation, and moste specially the vniuersal complexion, for choler offendyng in an old man, in winter tyme, in a cold countrey, or the person beynge of his naturall complexion fleumatike or melancoly, wolde not be so habundantly expulsed or subdued, as yf it be in one yonge and lusty, in the hote sommer, in the coūtrais, where the sonne feruently burneth or the persone of his proper nature is very colerike. And in lyke wyse contrary. wherfore euery man, knowynge his owne naturall complexion, with the qualitie of the humour that offendeth, let hym make temperaūce his chiefe coke, and remembrynge that which I haue before declared, ordeyne to hym selfe such diete, as may reforme the offence with none or lyttell annoyance, to his vniuersall complexion. And yf he can so do, he shal happily escape, not only dyuers syckenesses but also the most pernitious daūger, procedyng of corrupted drowges or spices, wherof some couetous poticaries do make medicines, maugre the heedes of good and well lerned physicyons.

¶ Syckenes moste commune to particular tymes of the yere and ages. Ca. 6.

Although I do not intēde to write of the cure of egritudes or syckenesses confyrmed, as well bycause it moughte be reputed in me a great presumption, as also forasmoche

moche as it were very perylous to diuulgate that noble science, to cõmune people, not lerned in lyberall sciences and philosophie, whiche be requyred to be suffycyently in a phisition. And moze ouer, many bokes of Hipocrates and Galene ought to be radde, before that one do take vpon hym the generall cure of mens bodies: yet not withstandyng, I truste I may without any note of arrogance write, what diseases do most commonly happen in sondry tymes of the yere & ages of men and women, with some significations, wherby the discrasie or distemperature of the body is perceyued, to the intent that the phisition beinge farre of, maye be truely informed/ considerynge that vrines farre caryed, doo often deceyue them/ and lyke wyse lacke of the syghte of the pacyent/ and inquisition of thinges which do precede or folowe the syckenesse. And with this I truste none honest and charytable phisition wylle be offended / but rather gyue to me thankes for my dyligence / in the aduaunc̃ynge of they: estimation, which by lacke of perfite instruction hath ben appayred.

¶ Syckenesses of spryng tyme.

¶ Diseases procedynge of melancoly / as madnesse/ fallynge syckenesse/ bleedynges/ quynsies/ poses / hoorsenesse / coughes / lepries / scabbes/ ache in the ioyntes.

¶ Syckenesses of sommer.

¶ Many of the sayd diseases / also feuers contynuall/ hotte feuers / feuers tertiane / quartaynes/ vomites/ flyxes/ watryng of eies/ peynes of the eares/ blysters and sooxes of the mouth/ and sweattynges.

Syck=

¶ Syckenesses of Autumme.

¶ Dyuers of sommer syckenesses / also oppilations of the spleene/dropsies/consumptiõs/strãgulyons/costyuenesse/ache in the huckle boones/ shortnesse of wynde/ frettynge of the bowelles/ fallynge syckenesse/and melancoly dyseases.

¶ Syckenesse of wynter.

¶ Stitches and griefes in the sides/inflamatiõ of the lunges / reumes / coughes / paynes in the breste/sydes/and loynes/heed ache/& palseyes.

¶ Syckenesses happenyng to chyldern.

¶ Whan they be newe borne/ there do happen to them sores of the mouth called Aphte/ vomitynge/coughes/watchyng / fearefulnesse / inflamations of the nauyll/moystures of the eares.

Whan they breede tethe/ ytchynge of the gummes/feuers/ crampes/and lasses.

Whan they waxe elder/than be they greeued with kernelles/oppennesse of the moulde of the heed/shortnesse of wynde/ the stone of the bladder/wourmes of the bealy/wartes / swellynges vnder the chynne/and in Englande commonlye purpyls/measels/and smalle pockes.

¶ Syckenesse happenyng to yonge men from.xiiii.yeres of age.

¶ Feuers cotydiane/tercyane/ quarteyne/ hotte feuers/spyttynge or vomitynge of blonde/pleurelies/ diseases of the sydes/ inflammation of the lunges/lethargies/frainsye/hote syckenesses/ cholerik passiõs/costiuenes or vehement lasses.

¶ Syckenesse of Age.

¶ Difficultie of breathe/reumes with coughes/ strangulyon/and dyfficultie in pyssynge/ ache in the

moche as it were very perylous to diuulgate that noble science, to cõmune people, not lerned in lyberall sciences and philosophie, whiche be requyred to be suffycyently in a phisition. And moze ouer, many bokes of Hipocrates and Galene ought to be radde, before that one do take vpon hym the generall cure of mens bodies: yet not withstandyng, I truste I may without any note of arrogance wzite, what diseases do most commonly happen in sondzy tymes of the yere & ages of men and women, with some signifycations, wherby the discrasie oz distemperature of the body is perceyued, to the intent that the phisition beinge farre of, maye be truely infozmed/ considerynge that vrines farre caryed, doo often deceyue them/ and lyke wyse lacke of the syghte of the pacyent/ and inquisition of thinges which do pzecede oz folowe the syckenesse. And with this I truste none honest and charytable phisition wylle be offended / but rather gyue to me thankes foz my dyligence / in the aduauncynge of theyz estimation, which by lacke of perfite instruction hath ben appayred.

¶ Syckenesses of spzynge tyme.

¶ Diseases procedynge of melancoly / as madnesse/ fallynge syckenesse/ bleedynges/ quynsies/ poses / hoorsenesse / coughes / lepzies / scabbes/ ache in the ioyntes.

¶ Syckenesses of sommer.

¶ Many of the sayd diseases / also feuers contynuall/ hotte feuers / feuers tertiane / quartaynes/ vomites/ flyxes/ watryng of eies/ peynes of the eares/ blysters and soozes of the mouth/ and sweattynges.

Syck-

¶ Syckenesses of Autumme.

¶ Dyuers of sommer syckenesses / also oppilations of the spleene/dropsies/consumptiōs/strāgulyons/costyuenesse/ache in the huckle boones/ shortnesse of wynde/ frettynge of the bowelles/ fallynge syckenesse/and melancoly dyseases.

¶ Syckenesse of wynter.

¶ Stitches and griefes in the sides/inflamatiō of the lunges / reumes / coughes / paynes in the breste/sydes/and loynes/heed ache/ & palseyes.

¶ Syckenesses happenyng to chyldern.

¶ Whan they be newe borne/ there do happen to them soores of the mouth called Aphte/vomitynge/coughes/watchyng / fearefulnesse / inflamations of the nauyll/moystures of the eares.

¶ Whan they breede tethe/ ytchynge of the gummes/feuers/ crampes/and lackes.

¶ Whan they ware elder/than be they greeued with kernelles/oppennesse of the moulde of the heed/shortnesse of wynde/ the stone of the bladder/wourmes of the bealy/wartes / swellynges vnder the chynne/and in Englande commonlye purpyls/measels/and smalle pockes.

¶ Syckenesse happenyng to ponge men from.xiiii.yeres of age.

¶ Feuers cotydiane/tercyane/ quarteyne/ hotte feuers/spyttynge or vomitynge of bloude/pleureslies/ diseases of the sydes/ inflammation of the lunges/lethargies/franesye/hote syckenesses/ cholerik passiōs/costiuenes or vehemente lackes.

¶ Syckenesse of Age.

¶ Difficultie of breathe/reumes with coughes/ strangulyon/and dyfficultie in pyssynge/ ache in the

the ioyntes, diſeales of the raynes, ſwymmyn-ges in the heed, palſeyes, ytchynge of all the bo-dy, lacke of ſlepe, moyſture in the eyes and eares dulneſſe of ſyght, hardnes of herynge, tiſiknelle or ſhortneſſe of breth.

¶ Although many of the ſayd ſyckeneſſes doo happen in euery tyme and age, yet bycauſe they be moſte frequent in the ſayde tymes and ages, I haue wryten them, to the intent, that in the a-ges and tymes moſte inclyned vnto them, ſuche thynges mought be than eſchewed, whiche are apte to ingendre the ſayde diſeales.

¶ The generall ſygnifications and tokens of ſyckenes. Cap. 7.

IF the bodye be hotter, colder, moyſter, drier, leaner, fuller, the colour more pale, or ſwarte, the eyes more holowe, than is accuſtomed to be it ſygnifieth that the body is diſpoſed to ſyk-nes, or alredy ſycke.

The brayne ſycke.
- Rauynge.
- Forgetfulneſſe.
- Fantaſye.
- Humours commyng from the rouſe of the mouth, the eyes, the noſe, or the eares.
- Watche.
- Sleape.

The harte ſycke.
- Difficultie of breathe.
- Tremblynge of the harte.
- Beatynge of the pulſe.
- Feuers. Colde.
- Diuerſite of colours.
- Griefe about the harte.

Lacke

The lyuer sycke.
- Lacke or abūdaūce of humours.
- The fourme of the body altered.
- Palenes.
- Concoction.
- Digestion.
- Alteration of excrementes accustomed.
- Peyne in the place of the lyuer.
- Swellynge.
- Difficultie of breath.

The stomacke sycke.
- Concoction, slowe or quycke.
- Appetite of moyste or drye, dull or quycke.
- Separatiō of excremētes moist or harde with theyr colours.
- Yexynge.
- Weikynge.
- Womctynge with peyne and difficultie of brethe.
- Vryne moche or lyttel with the colour and substaunce to redde or to pale, to thicke or to thynne

The breaste.
- Difficultie of breathe.
- Cowgh.
- Spyttynge.
- Peyne in the breaste.

¶ This haue I writen, not to gyue iudgement thereby, but onely for the patyent to haue in a redynesse, to the intent, that what so euer he feleth or perceyueth in euery of the sayde thynges thereof to instructe his phisition, whervnto he maye adapt his counsayle and remedyes.

¶ Of vrynes. Cap. viii.

FOrasmoch as nowe a dayes the most commune iudgement in syckenesse is by vrines, whiche being farre caried or moche meued, or standyng longe after that it is made, the fourme thereof is so altered, that the phisytion shall not perfytely perceyue the naturall colour, nor contentes, although it be neuer so wel chaufed at the fyre, as Actuarius and other greatte lerned men do affirme. I wyll therfore somwhat speake of vrines, not soo moche as a physition knoweth, but as moche as is necessarieto euery man, for to perceyue the place and cause of his griefe, whereby he maye the better instructe the Physition.

¶ Fyrste in vrine, foure thynges are to be consydered, that is to say, the substance, the colour, the regions or partes of the vrine, and the contentes or thynges therin conteined.

Also forasmoch as in the body of man be foure qualities, heate, colde, moysture, and dryth, two of them, heat and cold, are causes of the colour, dryth and moysture are causes of the substance.

Moreouer in vryne, beinge in a vessell apt ther vnto be sene, are thre regiōs. The lowest region in the bottome of the vrynall, conteynynge the space of two fyngers or lytell more. The myddel region, from whens the lowest ended vnto the cerkele. The hyghest region is the cerkle.

The hyghnesse of the colour sygnifyeth heate, the place, blacke, or grene, sygnifyeth coulde.

Also the grossenes or thyckenesse of the vryne sygnifieth moysture, the clerenes or thynnes, sygnifieth drithe.

The

All Much quantity betokeneth great cold. Little great.
The Circle sheweth [illegible] of the F.
Ampull or Creme the brame disturbed
Clouds, vice of the limbs

¶ The colours of vrynes.

¶ Colour of bryght goulde
Colour of gylte.
} Perfyte dygestyon.

Red as a red apple or chery.
Wale redde, lyke to bole armeniake, or saffron dry
Redde glowynge lyke fyre.
} Excesse of dygestion.

Colour of a beastes lyuer.
Colour of darke red wyne.
Grene lyke to colewortes.
} Adustion of humours.

Leaddy colour.
Blacke as ynke.
Blacke as horne.
} Feblenes or mortifycation of nature, excepte it be in purginge of melancoly.

Whyte clere as water.
Gray as a horne.
Whyte as whay.
Colour of a camels heare.
} Lacke of dygestyon.

Pale lyke to brothe of flesshe sodden.
} The begynnynge of digestyon.

Citrine Colour or yelowe,
Subcitrine or paler.
} The myddell of dygestyon.

Whyte and thynne betokeneth melancolye to haue dominyon.
Whyte and thycke, sygnifieth flewme.
Redde and thycke betokeneth sanguine.
Redde and thynne betokenethe choler to haue the soueraynte.

The substance of the vrine. Cap. ix.

AT the first pissyng, all vrines well nigh do appere thyn, as longe as they abide warme. for naturall heate, duryng the tyme that it preuaileth, suffreth not that the lycour, which is the substance of the vrine, to congele or be thycke for any occasion: but after that heate is gone, some vrines shortly, some a lōger time after, ware thyck, lyke wise somtime, some ar pissed thicker, & after ware clere, some remain stylle as they were made, some be metely thycke, as they were troubled, some very thick & grosse. Thei that ware clere, some do gather that, which is thick into the bottome of the vrinal, some remayn troubled, the grossenes not withstandynge gathered in the bottome. Semblably the diuersitie of thyn or subtyl vrines, must be perceiued, that is to saye, that some are very subtyll, as water. some lasse subtyll, some in a meane betwene thycke and thynne.

¶ Of thynges contcyned in the vrine, some doo discende downe to the bottome, & be callyd in a greke worde hypostasis, in englysche some calle it the groūdes, some the relydēce, which yf it be whyte, lyght, risynge vp frō the bottome of the vrinall, lyke a peare, it signifieth helth, if it be of any other fygure or colour, it betokeneth some a noyance. If lyke thynges be sene in the myddell of the vrynall, they be called sublations, if they approche vnto the hyghest region of the vrine, they be named cloudes, in latin Nebule. The groūdes or relidēces not perfite, some is lyke lie lesse redde vetches, & is callyd in latyn Orobea, some is like to brāne of wheat grosse, & seuered from

from the meale, and is callyd branny reſidēce, in latin Furfurea, ſome be like vnto plates, hauing bredth and length wythout thyckenes, & may be named platy reſidēce, in latine Laminea. ſome is lyke to meale, wheate, or barley, and may be named mealy reſidence, in latyn Similacea. ¶ There is alſo ſeene in the vrine like to white heares, ſome lengar, ſome ſhorter. ſōtime lyke to ragges ſomwhat red, there is alſo ſene in the vpermoſte parte of the vrine, ſometime a fome or froth, ſomtyme belles or bobles. ſometyme there ſwymmeth in the vrine a thing like a copwebbe otherwhile ther is about the cerkle, as it were the rētyng of clothe, ſōtyme there is in the vrine lyke motes of the ſonne, ſōtyme lyke the matter of a ſore, otherwhyle lyke the ſede of a man, alſo grauelle or ſande. And in theſe thynges maye be dyuers colours, ſome whyte, ſome red, ſome betwene bothe, ſome yelow, ſome graye, and ſome blacke. All this muſte be diligently marked, and therof ſeparatly to aduertiſe the Philitiō, vnto whome I referre the iudgement of the ſyckenes, for the cauſe afore rehersed, and for as moche as the iudgement of them is very ſubtyll.

Sēblably of ordure, whyther it be very thyn or very thicke: what other matter yſſueth out with it, what colour it is of the ſauour very great, litell or none, yf it were eaſyly expulſed, or peynefully, how oft or how ſeldom. Moreouer of ſweat, what colour it is of, & of what ſauour yf in taſting it be ſalt, ſowre, bitter, or vnſauery.

Alſo the vomite, yf it be of one colour or many, yf it do ſmell horrybly, of what humour it had moſt habundaunce, yf it were faſtynge, or

after meales, yf it were peynefull or easy.

Likewise spettil, whether it be thicke or thin or mixt with bloude or matter corrupt. accordingly of the humour issuinge out at the nose, & yf that be bloude, than whyther it be red, watrye or blacke.

Moreouer, it may not be forgotten, to aduertyse the Phisition of the dyet vsed by the pacient, aswell afore the syekenesse, as in the tyme of the syekenesse, his age, the strength of his body, his exercyse, and place, where he lengest abode in his youth, whether it were hye or lowe, watry or dry, hotte or colde.

This I trust shall be suffycient, to instruct a physition, he that desyreth to knowe more particularly hereof, let hym rede the bokes of Hypocrates, Galene, Cornelyus Celsus, Actuarius, Paulus, and dyuers other late wrytters, for this lytell treatyse may not receyue it.

¶ The preceptis of the auncient physition Dyocles vnto kynge Antigonus. Carystius. Cap. 10.

We will nowe diuide the bodye of man into foure partes, the heed, boulke, called in latin thorax, which conteyneth the brest, the sydes, the stomake, and entrayles. The bely, called in latyn venter, conteyneth the panche & the bowels. Also the bladder, called in latin vesica, in the whiche name is also conteyned the cundites, by the which vryne passeth. Whan any disease approcheth to the heed, these tokens do commonly precede, swymmyng in the heed, heed ache, heuines of the browes, sounding in the eares, pryckynges in the temple, the eyes

in the

in the mornynge do water, or waxe dymme, the smellynge is dulle, the gummes do smelle. Whā thou felest suche tokens forthwith pourge the heed with somwath, not with vehement medecines, but takinge Isope or Organum, & the croppes of them boyle with whyte or claret wyne half a pynte, & therwith gargarise your mouth fastyng, vntil the fleume be purged oute of your heed, this is the easyest medicine in discrasies of the heed. It is also very holsome to gargaryse the mouth and brest with hony water, wherinto mustarde is put & myngled, but fyrste the heed must be rubbed with a warme clothe, that the fleum maye easyly come out of the heed. And yf these tokens be neglected, these maner of syckenesses do folowe sone after, blared eyes, and humour lettinge the sight, cleftes in the eares, swellynges in the necke full of matter, called the kinges euyll, corruption of the brayne, poses, or reumes, heuynesse of the heed, and tooth ache.

Whā the boulke is like to suffer any sickenes it is perceiued by these tokens, all the body is in a sweatte, the bulke most specially, the tonge waxeth thicke, the spettyll is eyther salt or bitter, or cholerycke, the sides and shoulders do ake without any occasyon, the pacient gapeth often, also there dothe happen moche wakynge, suffocations or lacke of breth, thirst after slepe, the mynd is vexed with heuinesse, also the brest and armes are verye coulde, and the handes do trembele. Against these thyges this remedy may be prouided. After a moderate soupper, assaye to vomite without any medycine, vomyte is also profytable, whiche meate dothe folowe: He that in

such wyse wyll vomite, let hym eat hastyly small radyshe rootes, townkersis, rokat, synuy, or purslane, and drynke after it a greate quantitie of warme water, and prouoke hym selfe to vomyte. He that setteth lyttell by the sayde tokēs, let hym feare these sycknesses folowing, the pleuresie, the syckenes of the lunges, melancolye or madnes, sharpe feuers, the frensye, the letargie, inflamation with yerynge.

If any syckenesse be towarde the bealy, they maye be espied by these tokens, the bealye is fyrste wrapped together, and in it selfe is troubled, all meates and drinkes do seeme bytter in tast, he feleth heuynesse in hys knees, a stykkenes in hys loynes, a wearynesse in all hys body without any occasiō, a sleppynesse in his legges, with a lyttell feuer, whan thou feleste these tokens, mollyfie the bealy, not wyth medicyne, but wyth good order of diete, for it is best and most sure, to vse those thynges, wherof lyghtly may ensue none annoyāce, in the number of them are betes boyled in water of hony, garlike sodden, malowes, sorel, mercury, and all thynges condite in hony. Al these do expel the ordure of the bely: but if any of the sayd signes dothe more and more increase, the lyquour, wherein the sede of Carthamus, callid also Cnicus, is boyled, is a plesāt and sure medicine. small colewortes boyled in a good quātitie of water, the licour therof in measure. ii. pintes, sauyng the thirde parte of a pint, wyth hony and salt beyng dronken, shall profite moch. Cicer, and the pulse callid in latdo ernum, in englishe I suppose chittes) in water dronk fasting, hath the same effect. To them, which set

lyttell

littel by the said tokens, these diseases do sodēly happen, Flure of the bealy, bludy flure, clyppernes of the bowels, peynes in the guttes, ache in huckle bones the feuer terciane, the gowte, the apoplexie or palsey in the lymmes, hemoroides, akyng of ioyntes.

Whan the bladder is towarde any sickenes, it is perceyued by these tokēs, fulnesse felt after lytel meat, brekyng winde downwarde and vpwarde, paleneſſe of colour in al the body, heuy or troublous sleapes, the urine pale, and passynge forth peynefully, swellynges about the coddes & priuy members. Whā these tokens appeare, thā is it expedient to hauy remedy of odoriferous thinges, whyche do expell urine, whyche shall be done without any peryll with the rotes of fenell and perſely stieped one or two dayes in good whyte wyne and to drinke therof fastinge euery morynyng thre ounces and two drāmes, wyth the water of wylde carettes, or elycampane, whyche of these is next at hande, euery of thē haue lyke effect. Also water, wherin the pealyn called in latyne Ciceres, are stieped, beynge drunke wyth wyne, is lyke cōmodiouse: he that neglecteth the sayde tokēs, let him loke for these syckenesses folowynge, the dropsy, the greatnes of the splene, grieke in the lyuer, the stone. ache of the backe, or peynes in the raynes, the difficultie of urine, fulnes of the bely. In al these thinges that we haue spokē of, we shal gyue to childrē most easy medicines, to mē those, which be strōger in worckyng.

This diete of Diocles, although at this time it semeth not moste pleasaunt, nor accordynge to the practise nowe vsed, yet beynge tempred with

that, which I haue before remẽbred, some thyng maye be founde in it, which beinge experienced, maye be as commodious for the helth of mans body, as that diete, which is more curyous or pleasaunt.

¶ Of them in wose stomakes meat is corrupted. Cap. 11.

They in whom customably meat is corrupted, let them afore that they eat any meat assaye to vomite, drynkynge swete wine, absteine from meat, that ingender botches inflãmations, fumous ructuations or vapours, and take suche as norysche good iuyce, & chose them out, which do molyfy the bely, & at sondry tymes take them. It is also good to take temperatly that which lowseth the bely, as the medicyne called picra, and to abstеyne from suche thinges, wherby yll iuyce is gathered, & do ingender syckenesses, harde to be cured or neuer, as goutes, boneache, peynes of the raynes &c.

¶ Of the vertue of meates. Cap. 12.

He that is studious about the cõseruation of healthe, he nedeth to knowe the vertue of meates. The meat whiche hath vertue to extenuate, or make humours subtylle, it openeth the poores, and bryngeth forthe that whych is faste in the flesche, it maketh that whiche is clammye, subtylle, & doeth extenuate, or relent that which is fatte, it bringeth forthe that which abideth long in the bealy, but that which is eaten, is a superfluitie watry & coleryke, and at length maketh melancolike bloud. Wherfore moche

moche vſinge of them is prohibited, ſpecially to them, that are colerike, & only ſerueth for them that ar replete with fleume, crude or vndigeſted humours, clammi or fatte. The diete of fattinge thinges, dothe nourish aboundantly, ſo that the ſtomake & lyuer do digeſt well: meate of good iuice, maketh good bloud, but yet it ſtoppeth the lyuer & ſplene. Theſe do they, whiche make fat humours onely, as the pouſſe callid Lenticula, & they that are ſlimy like malowes, ſome do make fat humors, & be alſo ſlimy, as fiſches with hard ſhelles. Finally the diete, whiche doth extenuate & make leane, is more ſure for kepyng of helth, than that, whiche fatteth moch. Noriſhing meates wold be therfor moderateli vſed, whan a mā perceyueth hym ſelfe to haue nede therof, it may be moſt ſureli vſed of them that be exerciſed temporately, & can ſlepe whan they luſt. They that can not ſlepe by reaſō of exerciſe, lette theim eſchewe fattinge meates, lette none ydelle perſone attempte to vſe theim. In the preſeruation of helth, ſluggardy is the greatteſt miſchiefe. Lyke as the temperate mouing is good, ſo is the meat which betwene thycke & thynne, is to mannes helth moſt cōuenient, which ingendreth bloude, accordyng to the competent cōſtitution of mans body, & therfore is it to be chiefly vſed. Meate of yll iuyce is alway noiful, wherfor it ought to be eſchewed. Likewiſe the varietie of meates is to be obſerued diligently, for it is a great thinge to couple wel togither thinges of cōtrarie vertues. for yf they be not well digeſted, that whiche is receyued, may bryng diſpleaſure.

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A diet

¶ A diete preseruatiue in the tyme of pestilence. Capitulo. xiii.

The bodies most apte to be infected, are specially sanguine, next colerike than fleumatike laste melancolyke, for in them the humour beyng colde and drie, is moste vnapt to receyue putrifaction, hauynge also strayte passages, by the whyche venim must passe. The diete cõuenient for that tyme is to abstein from metes inflaming and opening the pores also frõ the heat of the sõne, from to moch heate of fire, or garmentis, from very hot herbes, and moche vse of tart thinges, except onions and cikory, or radische with vineger. for they do resist agaynste venim, from wine very fumische, exercise incontinent after meales, frõ swetting, from all thingis that wyll cause oppilations and putrifaction; frõ thinges hot and moist, where moisture hath the dominion in degree, specially being not sufficiently boiled: also from milke, except it be in a littel quãtite, and that with a litel sugar. Frutis and herbes cold and dry, and ther wyth soure or somwhat bitter, are not prohibited. If ye eate figges, grapes, or swete cherics, eate after them of an orenge wyth salt. If ye eate thinges colde and moyst, as cucũbers, melones, fysche soft and fresche, or damsyns, eate by and by after some fennell, and orenge wyth salt, drinkinge therwyth a draughte of good wyne. Beware of musherons, moch purslane, gourdis, and all other thynges, whych wyll sone putrifie: not wythstandy nge, I wyll not forbyd eatynge of lettyse, wyth a fewe myntes, or myrt wyth cynamom. All thynges sowre ar cõmended, as wel in diete cõseruatiue,

Iarsinus
cinus.

as

as in that whyche is curatiue or healeth, excepte where there is straytnesse of the breste, or weaknes of the stomach, than oughte they to be temperied wyth sugar salt, almond milke, cynamom, pepper, fenell, saffron, egges/ and some thynge that is fatte or vnctuous. Capers ar good to be vsed wyth vineger. Chese very fatte and salt/ is not commended/ no more is colewortes/ or any kynde of pulse/ excepte chittes: greate peason/ rapes/ nor spynache is good. Also there be forbodden rohat and mustard/ moche wyne and egges/ excepte they be eaten wyth sorell sauce/ vyneger/ or iuyce of orenges: persely and also parsnepes be good. newe wynes be noysfull/ let the meate be somewhat more than drinke. but yet susteyn not to moche hunger nor thyrst. beware of lechery/ of a clowdy wether and close/ eschewe moche resorte or thronge of people/ wyndes commynge from fēnes or mores/ from slepe at none: vse with your meate this pouldet/ sāders redde/ halfe an ounce/ cynamom thre drammes and a halfe/ saffron halfe a dramme. After your meate/ eate a lyttell of coriander sede/ welle prepared. In the mornynge/ at a temperate fyre kembe your heed backwarde/ clense your body and heed of all superfluities: vse also moderate fricasies/ wyth swete perfumes/ and odours/ washe oftentimes your face and handes with pure vyneger mixt with rosewater. In cold wether mixt it with myntes/ baulme/ rue/ or myrtes/ and some eyme cloues. In hotte sommer wyth roses or violettes. Aboue all thynges vse to take white wine good/ white vyneger rosette/ water of roses/ in equal porciōs/ put ther vnto a littell setuale/ or of the

the ryndc of a citron, and drynke therof a lyttell and oftentymes washe therwith your handes and vysage.

Medicynes preseruatyue agaynste the pestilence, whiche be alwaye most ready, are these, a fygge with rue, and a wall nutte eaten fastyng, also triakle, or mithridate, to old men a dramme weyghte, to yonge men halfe a dramme, or a scruple dissolued in vineger and rose water, or in water of tormentyll, scabiose or balme, yf the plage be in sommer: yf it be in wynter, put to the waters some whyte wyne. Also the pylles called comonly Pillule Ralis, (but in dede they were inuented by Rufus) are very excellent, specially yf the aloe, whiche is it, be washed, and therunto added a lyttell Bolus armenus, & terra sigillata. And yf the person be of hotte complexion, a quantitie of sorell sede, and red corall, this confectioned with syrope of citrons, in colde complexions or to old men with wine, vse them euery thryde daye one pille at a tyme, thre houres or foure afore dyner or supper. If ye take triakle or Mithridate, abstcyne from meate at the leaste syx houres after. A pece of the rote of setuall, borne in the mouth preserueth, from infection. In lykewyse doth sorell chewed fastyng, and the iuyce sucked downe. To poore men, Marsilius was wont to grue a toste of bread steped in vineger, with a piece of an onyon or rewe. All thynges whiche be cordiall, that is to saye, which do in any wyse comforte the harte, do resyste pestilence, vehement anger, or heuinesse, be very pernicioule. Other more exquisite and costly preseruatyues, I purpolely passe ouer, whiche Marsilius

ſilius, and othre phiſitions, do wryte of abundantly, for as moche as I deſyre to be in this warke compendiouſe. One thynge I hadde almoſte forgotten, that there is no better preſeruatyue, than to flee frome the place corrupted, betyme and farre of, and to let none approche you, that hath made theyr abode, where the plage is feruent. More ouer receyue not into your houſe any ſtuffe, that commeth out of a houſe, wherin any perſon hath ben infected. For it hath bene ſene, that ſuch ſtuffe lyenge in a cofer ſhutte by the ſpace of two yeres, after that the coffer hath ben opened, they whiche haue ſtande nygh to it, haue ben infected, and ſone after haue died. But there I alwaye excepte the powre of god, which is wonderfull, and alſo mercifull, aboue mans reaſon or coũſell, preſeruyng or ſtrykyng whom, whan, and where it ſhall lyke his maieſtie, to whom be glorye and prayſe euerlaſtynge. Amen.

¶ Thus make I an ende of this treatiſe, deſyrynge them that ſhall take profyte therby, to defende it agaynſte enuyous dyſdayn, on whom I haue ſet the aduẽture for the loue that I bare to my countrey: requyrynge all honeſt phiſitions to remember, that the intent to my labour was that men and women redynge this warke, and obſeruynge the counſayles therin, ſhulde adapte therby their bodyes, to receyue more ſure remedye by the medicines prepared by good phiſitions in daũgerous ſykeneſſes, they kepyng good dyet, and infourmynge diſlygently the ſame phiſitions, of the maner of theyr affectes, paſſyõs, and ſenſyble tokens. And ſo ſhall the noble and moſt neceſſarye ſcience of phiſicke, with the mi-

niſters

nisters therof/escape the sclaunder/whyche they haue of longe tyme susteyned/and accordynge to the precepte of the wyse man/ be worthely honoured/for asmoche as the hyghest god dyd create the phisition/ for mans necessitie. And of the earth created medicine/ and the wyse man shall not abhorre it. Thus fare ye well gentyl reders/ and forget me not wyth your good reporte/ and praye to God that I be neuer wars occupyed.

Londini in ædibus Thomæ Bertheleti typis impress.
Cum priuilegio ad imprimendum solum.

ANNO .M.D.XXXIX.

Mithridaticum a medicine lib to
triable called mitridate

Ad Paralysim ℞ Chosen Cinamon ℥ ij Boyle them all in 3
Ginger ℥ s Quarte of running water
Long Pepper untill halfe bee
Grains consumed then strayn
Galingale ana ʒ j and with halfe a pound
Cardamoms ʒ j s Sugar make a plaster
Nutmegs
Cloves
Anise ana